

Lift Easton Yoga Class Schedule

Monday

9:00 -10:15am Basic Hatha Practice

This class is to inspire and motivate us to keep up with our practice. All levels welcome

Tuesday

5:30 - 6:45pm Vinyasa flow Practice

Can be challenging a beyond beginner class,
Warm up to going inward, sitting in stillness preparing to move with intention, alignment and presence.

Wednesday

9:00 -10:15am Basic Hatha

Continue to move through the week with more lessons alignment and practice moving intentionally with our inhales and exhales. in poses, and finding improvement in balance.

Thursday

5:30-6:45pm Dynamic Hatha Flow

A mixed level class beyond beginner. Standing poses, balance, breathe and in the end letting go.

Friday

8:00am - 9:00am Beginner Yoga

We practice yoga to strenghten, find flexibility, and balance. Yoga Improves all lives no matter what level you are.

9:15-10:30 Basic Hatha

Diaphragmatic Breathing improves core strength and balance. In this session we move with breath and get focused on being present in awareness of movement.

11:00am to noon. iRest Yoga Nidra

Resting in awareness of simply being.
Life can be hard and stress is on the rise.
iRest helps, it is a simple and accessible form of meditation designed for modern day living.

Saturday

9:00am -10:15 Hatha Yoga Flow

We center, we breathe, and warm up to a god Saturday morning Yoga Flow. This is a mixed level class.