

All Livestream classes are streamed through Zoom.

Livestream - Alignment-Based Vinyasa

Alignment-Based Vinyasa is an energetic practice containing series of postures that flow with the breath. Recommended for HAYC students who have completed at least 2 sessions of Yoga 2, who can move easily through Chaturanga and Upward Facing Dog, and who are without serious physical injuries or limitations. 60 minutes

Livestream - Chair Yoga

If injuries or other mobility issues prevent you from doing yoga, if you cannot get up from or down to the floor to do the poses you love, learn to adapt your practice in Chair Yoga. Sun Salutations plus twists, forward and back bends, and standing poses can all be done either sitting in a chair or standing in front of or behind it. No yoga experience necessary. 60 minutes.

Weekly Video - An Evening Practice

An enjoyable, smooth, moderately-paced flow with instruction and relaxation. Appropriate for students in Yoga 2 and above. Have a block, a belt, and a blanket available if possible. Each class will be prerecorded, and the link and password will be sent to everyone who has registered at class time.

Livestream - Gentle Yoga

Gentle Yoga is designed for those who prefer a less vigorous class. It includes gentle stretches and breathing as well as simple movements designed to systematically increase the range of motion of every major joint and increase energy. This class is ideal for students with chronic symptoms such as muscle/joint pain, stiffness, weakness, or fatigue. No yoga experience necessary. 60 minutes.

Livestream - Thursday Gentle Yoga with an Optional Weights Add-On

This class is the Thursday morning Gentle Yoga class plus an extra half hour weights practice. It is designed to build strength and to empower you to meet your everyday activities with confidence. The use of weights adds a new dimension of fitness to your yoga practice, targeting key muscles to overcome common muscular imbalances that can make normal functions challenging and often are at the root of chronic pain. Strength training using weights offers benefits, even if your goal is not to get "bigger muscles." Modifications will be made to accommodate all levels and to maximize the benefits of your practice! 90 minutes.

Livestream - Kids Yoga

Yoga provides a great way to build strength, balance, flexibility, and confidence while learning skills to manage the stress of being a kid in today's world. Children will learn and practice yoga poses plus breathing, concentration, and relaxation techniques through stories, games, imagination, and other activities. Appropriate for children ages 5 to 11. 60 minutes.

Livestream - Mad Skills for Healthy Aging

We are getting older! There is nothing we can do about that, so in this class we will blend in the mad skills needed to age more gracefully. We will explore how to tailor our yoga practice to enrich our yoga toolbox by focusing on balance, stability, flexibility, and agility through asana, pranayama, and relaxation. Open to students Yoga 1-2 and above.

Livestream - Teen Yoga

Life can be very busy and stressful for teens these days. This class gives teens the opportunity to participate in a nurturing activity that provides exercise for the total body as well as relaxation techniques that can be used for school, sports, performing arts, sleep improvement, and life skills. Yoga allows teens to find strength and flexibility through practice and patience. Appropriate for ages 12 to 18. 60 minutes.

Livestream - Yoga 1

Yoga 1 is the introductory class for students who are new to yoga. This class focuses on poses to stretch and strengthen the legs, back, and shoulders. Emphasis is given to the basic alignment of the standing poses. 60 minutes.

Livestream - Yoga 1-2

A Yoga 1-2 class with an emphasis on refining poses, building endurance, and explaining the basic principles of alignment. This class is suitable for students who have practiced other styles of yoga, but it is not suitable for those who have never studied yoga before. 60 minutes.

Livestream - Yoga 2

A Yoga 2 class with a different focus each week. Students should be familiar with the basic standing poses and Sun Salutation. 60 minutes.

Livestream - Yoga 3

A Yoga 3 class with a different focus each week. Students should expect refinements to postures learned in Yoga 2 and Yoga 2-3, additional backbends, and strengthening postures. We recommend that students have completed at least 3 sessions of Yoga 2 before taking this class. 60 minutes.

Livestream - Yoga 3+

Yoga 3+ is the extended version of the Yoga 3 class from earlier in the week. The longer format gives us the ability to work more deeply, to include more challenging postures, and to practice inversions. Have available wall space nearby, if possible; a folding chair is a plus. Suitable for Yoga 3 and Yoga 4 students. 75 minutes.

Livestream - Yoga for Cancer (y4c)

Join Rita for Yoga for Cancer with the y4c methodology. Don't be fooled - this is a very active class! We work hard, and we move to boost our immune system and become stronger against illness. Open to all levels. 60 minutes.

Livestream - Yoga Core and Shoulders

Yoga builds strength. Two areas of the body where we can all use more strength are the core and the shoulders. In this class, we will be targeting those two areas with supine, standing, and seated asanas. This is an augmentation of your Yoga 2 practice and an introduction to Yoga 3, as core and shoulders are the foundation of inversions. Open to students who have completed at least 3 sessions of Yoga 2. 60 minutes.

Livestream – Yoga for Grief (Four-part course)

Elizabeth Lesser wrote in her article **Facing the Grief Gathering in Our Hearts**, "The grief from all the things and people and norms I have lost over this year. I've been in touch with my anxiety and my anger and my irritation—but not my grief. When I got still, and I stopped running around in the maze, I came upon the magnitude of the loss.. I know I am not alone. We all have lost so much. For some, the losses

are big: the lives of loved ones, family we can't be with, our own health, our jobs, school for the kids, financial security, physical safety, mental stability. Some of the losses are more subtle: routines that keep us grounded, predictability, companionship, pleasure. The disruptions pile up so that we don't even know how much we have lost, what we are feeling, how much grief is gathering in our hearts."

Grief is deeply personal and can be one of life's most difficult challenges. Yoga for Grief offers a safe, compassionate, supportive environment for you to explore, nurture, and live with your loss(es) with greater ease. A similar thread among class members is that each person has experienced a loss. The course will use these threads and weave together classes to assist with self-care. The tools used will include several yoga methods (gentle, restorative, somatic, and Yoga Nidra), readings, writing prompts, and group conversation. No prior yoga experience is required.

This is a four-part course, and all classes will be streamed through Zoom. The yoga practices will be recorded; the group discussions will not. Videos of the practices will be provided to the participants so they will have these nourishing tools for self-care for future use.

Livestream - Yoga for Men

Yoga for Men is designed for men whose goal is to improve their flexibility. We will focus on the yoga fundamentals for stretching safely the areas where men are usually tight, such as shoulders, hips, and hamstrings to improve everyday life. No yoga experience required. 60 minutes.

Livestream - Yoga for Relaxation

End your weekend and prepare for your week ahead with calmness and a good night's sleep. Engage your Relaxation Response with a gentle yoga practice followed by relaxation practice, breath work, and meditation. Use a mat or chair. Appropriate for any level. No prior yoga experience required. 60 minutes.

Livestream - Yoga for Walkers

Has quarantining encouraged you to walk more often? The weather has been fabulous and since we cannot go to the gym, walking is a great form of exercise and can decrease stress. However, walking can lead to soreness in the hips, tight hamstrings, tight calves and tired feet. We also tend to walk with our head and shoulders forward of our pelvis leading to rounded neck and shoulders. This practice is designed to complement and balance the effects of walking. Open to all levels. 60 minutes.

Livestream - Yoga Techniques

Yoga Techniques is a one-hour, mixed-level course where we explore a different area of the body or class of pose each week. Appropriate for students in Yoga 1-2 and above. 60 minutes.

Livestream - Yin Yoga

Yin Yoga is partially based on the Chinese energy system and is designed to bring energetic balance and harmony into our yoga practice and lives. This quiet class focuses on our connective tissues and the protection and health of our joints. Suitable for students who have completed at least one session of Yoga 2. 60 minutes.