Yogasaar classes with Aparna Levine

Yoga Level 1
This class welcomes beginners and explores the fundamentals of yoga poses correct body alignment & breathing techniques. All poses are offered with modifications to suit individual bodies and needs. A blend of Hatha, Vinyasa and yoga therapy. Essential teachings for ‘living your yoga’ are shared.

Tues 10:30am - 11:45am
Friday 11:30am - 12:45pm

Yoga Mixed Level
This class is designed for the experienced beginner and level I students looking to build their practice, as well as the intermediate student of yoga. Poses are typically held longer and more variations of postures are introduced. A fusion of Hatha, Vinyasa and Power yoga styles. Begins with an intention and closes with a short guided meditation. Some days iyengar and restorative elements are added to the class flow.

Mon 5:45 - 7pm  Tues 5:45 - 7pm
Wed 5:45 - 7pm  Thurs 5:45- 7pm

Yoga Level 2-3
This class integrates challenging poses with essential yoga moves to build power, precision, insight and ease. Creative sequencing balances active dynamic movement with longer holding of poses to build both strength and flexibility in the body. This is a level 2-3 class that promises to inspire, motivate, unleash your inner power and leave you sweating while encouraging you to honor your own limits, practice with integrity and cultivate balance within the body-mind-heart. Each class sequence will demystify intermediate/advanced poses showing how to sequence and build up to them. Flow with courage, mindful awareness to your own needs, and dive into a deeper experience of all that yoga has to offer. A synthesis of Vinyasa, Power, Ashtanga, Iyengar & Sivananda yoga styles. Includes intermediate/advanced pranayama.

Sat 10:30am - 11:45am

Mindfulness Meditation
We live in a time when meditation & mindfulness are becoming widespread, teaching us tools for tapping into our capacity for authentic living, stronger relationships, fulfilling work, increased well-being and embracing our lives with loving presence. This class teaches a range of mindfulness practices and practical ways to bring mindfulness into your internal & external environment. Based in ‘Vipassana’ also called ‘Insight meditation’ this class offers an opportunity to practice meditation in which mindful breathing is used to develop both Samatha (a serene and concentrated mind) and Vipassana (Insightful seeing).

Tues 7:15-8pm
Thurs 7:15-8pm