



What is YogaFlex?

YogaFlex believes that through movement, breath, and intention, one can move beyond mental, physical, and spiritual limitations. It is in this space where we cultivate strength and beauty from the inside out. Come for a class and leave with an experience.

What is Vinyasa Power Yoga? The word Vinyasa means "breath-synchronized movement." In other words, the teacher will instruct you to move from one pose to the next on an inhale or an exhale. This style allows for a lot of variety, but will almost certainly include Sun Salutations. Expect movement, not just stretching. Vinyasa's strength is in its diversity. There is no single philosophy, rulebook, or sequence that teachers must follow, so there is a lot of room for individual personalities and quirks to come through.



Yoga Classes

- **Power Vinyasa** - A fusion of sweat and serenity that will strengthen your body, sharpen your mind, and soften your spirit. Classes are designed for levels 1-3. You will be challenged with a variety of postures, breathing techniques, and movement.
- **Hot Yoga** - A sequence of postures and breathing exercises designed to systematically cleanse every part of the body and provide a complete mind/body workout. Students of all levels will benefit from postures that burn fat, tone the muscles, improve circulation, and strengthen the immune system.
- **Yin Yoga** - Focuses on holding seated floor postures for 5 minutes stretching into deeper layers of connective tissue, mainly joint and fascia, while encouraging distribution of 'chi' or energy flow along meridian lines and throughout the body increasing ones overall health and well-being. Yin yoga compliments all other 'Yang' or muscular forms of exercise.
- **Prenatal Yoga** - Linking yoga postures with the breath will lead you to new discoveries, bringing awareness to the mind, body and spirit, and also the spirit of your baby. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort.
- **Kids Yoga** - Fun & inspirational classes that encourage a child's natural thirst for knowledge. In this imaginative series, we combine simple yoga poses with engaging songs, puppets and stories that exercise social, sensory and motor skills while increasing flexibility.

Contact Info

YogaFlex
9852 Rea Road, Suite D-2
In the Blakeney Shopping Center
www.yogaflexnc.com | 704-543-8000

October Workshops

Inversion Workshop/Saturday, October 6th

Inversions have been proven to treat and ease symptoms associated with our endocrine, respiratory, digestive, musculoskeletal, lymphatic and nervous systems. Instructed by Susie Farnick.

Yoga Basics Workshop/Mondays in October

Instructed by Susie Farnick and Lecia Pearce.

Arm Balancing Workshop/Saturday, October 27th

Learn how to safely navigate your way into and through a variety of arm balance postures. Instructed by Lecia Pearce and Angi Dutra.

