

Physique Yoga

What does yoga offer the modern woman? A strong, supple body. A clear mind. Boundless energy. A fountain of youth!...Yes, yoga invites you to become an even better version of yourself—healthy, happy, free from unnecessary injuries and afflictions.

PHYSIQUE YOGA offers the perfect complement to our signature **PHYSIQUE 57®** class. Learn how to align your body to get more out of your workout—long, lean muscles and limber joints not only look good, they perform better! Pair **PHYSIQUE YOGA** with any **PHYSIQUE 57®** classes and you are on the path to radiant good health from the inside out.

PHYSIQUE YOGA distills the best of this ancient tradition into a 57-minute session that tones your body, improves your breathing, focuses your mind, and enhances your overall health and well being.

PHYSIQUE YOGA incorporates fluid sun salutations, stamina-building standing poses, rejuvenating shoulder openers, heart-melting backbends and detoxing twists and forward bends that massage your organs while they ease away stress.

Physique Yin®

Do you suffer from back or other joint aches or do you have tight legs or hips? Do you have difficulty making the time to relax the mind? **PHYSIQUE YIN®**, based on the principles of Yin Yoga, is the ultimate class for increasing flexibility, cooling the body and calming the mind.

PHYSIQUE YIN® stretches are held for 3-5 minutes while seated to energize the deep, dense connective tissues of the body: tendons, ligaments and cartilage, which are often challenging to access.

Providing a modern twist to everyday stretches, **PHYSIQUE YIN®** is an excellent complement to any **PHYSIQUE 57®** classes.

PHYSIQUE YIN® elongates the spine making it possible to get deeper into your abdominal exercises (flatter tummy!) and gently opens the hips which improves your range of motion and stamina (great for seat and thigh work!). **PHYSIQUE YIN®** is also highly restorative for the joints and muscles.

Set to chill music, you will leave class feeling lengthened and revitalized. **PHYSIQUE YIN®** is appropriate for men and women of all ages, fitness and flexibility levels. *Beginners welcome!*