

Ashtanga Flow / level 1-3 is a dynamic flow of postures and breathwork based on the **Ashtanga Vinyasa Yoga**, with backbending, deep twisting, and balancing postures thrown into the mix. All levels of students may attend this class, though it is best for those with some former experience of yoga practice....modifications will be given for each posture as needed. Class is 1hr. 15 min. long - taught by Shari Simon.