

Vinyasa Light – The best of both Gentle and Vinyasa Yoga! This all levels class accommodates the needs of gentle yoga with the flow of a Vinyasa Class. Tune into your body with the use of breath, asana, modifications and restorative postures to awaken and find joy in the moment and movement. A good challenge for those used to gentle yoga and a calm, nurturing experience for those used to AShtnag Vinyasa yoga, with the benefits of both. Class is 1 hour long, and is led by **Tamara Nicholson**.