

Yoga

at ALASKA ROCK GYM

WINTER 2019 CLASS OFFERINGS

Fundamental Movement

Learn the essentials of movement through assessing range of motion and building body awareness and breath patterns. Whether you are new to yoga or just curious, this class offers entry level and advanced movers alike the opportunity to check in on these basic elements. Find areas for improvement, as well as celebrate the places you already have good awareness. Mastering these skills translates into better posture and breathing mechanics, and is a basic requisite to mastering more challenging movement.

Invigorate

If you are used to a vinyasa yoga class, or enjoy rhythmic movement through dynamic postures linked with your breath, then these classes are for you. The energizing flow will help you build strength and flexibility through creative sequences and powerful postures.

At the Alaska Rock Gym, we believe in empowering and educating our Alaskan community through movement.

Whether you're looking to relieve stress, increase body awareness, hone focus or simply strengthen and stretch, we have an option for you. Our mission is to help you feel connected to your body and be inspired to explore your inner and outer self.

If your experience has been with Iyengar Yoga, Yoga Tune Up® or any other alignment based practice, these classes are for you. The focus is on alignment, precision and postural awareness while building strength and flexibility. You'll leave feeling inspired and aware.

Awaken

If you've been practicing restorative yoga and meditation, or are looking to slow down and experience supportive and gentle stretching, then these classes are for you. Restore your focus, regain the ability to respond positively to stress, and simply relax with a calming series of gentle movements.

Recover