



blue earth village

class descriptions



ENERGIZED CLASSES



SLOW CLASSES



MUSIC



ENERGY FLOW



In this class we combine different yogic traditions to create flow in our bodies.

A dynamic mix of Vinyasa Yoga with Hatha elements and Kriyas.

VINYASA YOGA



Vinyasa classes are energetic classes which synchronize movement and breath, encouraging a greater sense of self awareness and harmony.

Each class is unique and may include sun salutations, as well as standing postures, inversions and backbends.

VIN TO YIN



An all-levels hybrid for students seeking balance.

This class is a 50/50 mix of dynamic and warming Vinyasa Flow (Yang) followed by restorative and cooling Yin Yoga.

PRANAYAMA | MEDITATION



A guided practice exploring breathwork and meditation to calm the mind, reduce stress, and enhance well-being.

Learn simple yet powerful techniques to cultivate focus, balance, and inner peace.

MEDICINAL YOGA



This is a class that weaves together ancient yogic knowledge with modern scientific research.

Through practicing meditation, Pranayama and Kriyas, this slow-paced class is designed to support your body's innate self-healing ability.

SUNSET STRETCH



A class dedicated to improving flexibility and range of motion.

Through both fluid movement and static stretches, this class emphasizes flexibility, relaxation, and muscle and joint health.

YIN YOGA



Yin is a slow-paced class that works to increase mobility, mobilize, stretch, and hydrate the body's extensive fascial network.

Through passive longer-held poses you are invited to enter into a deep meditative internal space.