

KATY DUNLAP YOGA

katydunlapyoga.com

CLASS DESCRIPTIONS, SUMMER 2021

OUTDOOR YOGA

60 minutes (2-3 classes/week, when weather allows)

Perfect for those new to yoga, beginners or seasoned yogis who are interested in nurturing self in nature, while aligning your body, energy, breath and mind from the ground up. Expect a combination of lengthening and stabilizing postures to help improve balance and flexibility, and breathwork to steady the mind. Open to all levels.

OUTDOOR YOGA @ Watkins Glen Yacht Club

60 minutes (1 class/week)

Perfect for those new to yoga, beginners or seasoned yogis who are interested in learning the alignment and foundational elements of each posture, without moving through a breath-driven flow. Different breath-retention practices will be introduced throughout class to steady the physical, mental and emotional bodies. Modifications will be offered to accommodate physical limitations or concerns and each student is encouraged to move at their own pace. Bring a mat, a large beach towel or blanket to practice on. Open to all levels.

SLOW FLOW (*virtual*)

60 minutes (Tuesdays, 9-10 a.m.)

An energy-based, breath-driven slow flow practice focused on foundational postures, alignment and breath work. Expect a combination of lengthening and stabilizing postures to help improve balance, flexibility and functional movement on and off of the mat. Open to all levels.

FLOW TO FLOURISH (*virtual*)

75 minutes (Thursdays, 7-8 p.m.)

Give yourself a boost to round out the week with this “let it go” vinyasa flow practice. Class will end with a brief guided meditation to reset your mind, body and heart and to prepare you for your weekend. Open to students with basic yoga experience.

VINYASA (*virtual*)

75 minutes (Saturdays, 9-10:15 a.m.)

An energetic yoga flow practice that is designed to raise your internal heat and awareness of connection between the breath and movement. Intermediate level postures will be introduced and modifications will be offered, making this class accessible to anyone with basic yoga experience.