

friday nights at the BYC

Look what's happening on Friday nights.

Visit our website for a list of dates.

www.beverlyyogacenter.com



All classes are 6:30 - 8:00 pm. You may use your class package or \$15 drop-in.

YogaGroove

Join us for a lighthearted and playful yoga class accompanied by great music. You will hear tunes from Dave Mathews Band, Bob Marley, Norah Jones, David Grey, and Fleetwood Mac - just to name a few. This class will include sun salutations, standing poses and end with deep relaxation. YogaGroove will have you moving with tunes that are sure to make you smile.

Candlelight Yoga

This class will incorporate slow and mindful movements that will lead you into a relaxed and peaceful state of being. This is a slow, meditative, calm practice. Perfect for all levels wishing to slow down. This class will be done by candlelight.

Power Vinyasa Yoga

Join us for a challenging 90 minute class to detoxify, oxygenate and rejuvenate your body. This practice builds strength, endurance, and flexibility. Enjoy great music with this sequence of postures and get ready to sweat. A regular yoga practiced is required to attend these classes. Temperature in the studio is significantly increased.

Yin Yoga & Mindfulness

Yin yoga is a quiet, restorative, and meditative practice that deeply opens the body physically, emotionally, and energetically. The postures in this practice specifically influence openings in the hips, pelvis, and lower back. This class emphasizes deep relaxation, mindfulness, and compassionate awareness. Open to all level of students.

Hot Slow Flow

The dark, cold winter months can make us feel especially stiff and stagnant. We begin to notice we don't have as much energy from the lack of sunlight. The Hot Slow Flow classes will warm, stretch, strengthen, and detoxify the body with a heated studio at 85 degrees. Some students find that practicing in a heated studio helps to increase range of motion, and gain more flexibility with less effort. The Hot Slow Flow class will give time to ease your body into postures, build strength, and calm the body.

Relax & Renew

During this 2-hour yoga class you will practice gentle restorative yoga poses to help detangle the stresses of the week. This class will emphasize deep relaxation leaving you feeling calm, balanced, and re-energized. Open to all levels. No yoga experience required.

Mindfulness of the Self

Unfold the mind and body during this class and learn how to examine, work with and overcome emotional obstacles during restorative yoga postures. These gentle and quiet poses along with guided meditation will promote self-acceptance, forgiveness, and self-healing. This is a tremendously nurturing and nourishing class. All levels welcome and no previous meditation or yoga experience necessary.