

Infinite Light Center Class Descriptions

Yoga Classes

Multi-Level - all levels. Infinite Light Yoga's signature Multi-level classes combine the wisdom of yoga with the science of exercise for an amazingly transformational experience. Each class is led using detailed instruction to encourage anatomical alignment. Variations and modifications of the postures are woven into each class in order to ensure the highest level of participation and enjoyment for each student. Every class is a work of art, uniquely created to be both educational and transformational. Each class is designed around a theme or practice, making it possible to learn something new in every class.

Gentle - all levels. Gentle yoga classes are less strenuous and taught at a more relaxed pace than many other yoga classes, so they are perfect for seniors, pregnant women, practitioners who are recovering from injury, and those who are fit but lack flexibility. The classes are led offering the use of props, chairs if needed, and modifications whenever possible, honoring each person's unique needs. Additionally, the Gentle class provides you with more individualized attention than other classes helping you get the most out of your experience.

Relax & Revitalize- all levels. Relax & Revitalize yoga classes include everything you're familiar with in our multi-level yoga classes with an extended Yoga Nidra relaxation at the end of each class. Yoga Nidra is more than relaxation; it's the antidote to modern life! There is nothing required of you but to lie down and listen while you relax, heal & transform at every level of your being.

Restorative - all levels. Restorative yoga classes focuses on poses that promote a sense of relaxation, restoration and rejuvenation. Using breathing techniques and guided visualizations, the body is supported by blankets, blocks, bolsters and straps in a series of floor postures intended to allow for deep relaxation. These poses teach us how to cultivate awareness by bringing our attention to the areas where we hold tension, to then consciously release and let go. This style of yoga addresses mental & physical stress, fatigue and tension brought on by our daily fast paced activities. Restorative yoga is extremely gentle and is suitable for everybody, from the new student up to the advanced practitioner.

Barre Classes

Balanced Body Barre - all levels. Tone and sculpt your body in this ballet-inspired class. Our Balanced Body Barre class is a non-impact fitness class that is appropriate for all levels and ages. In this class, you will make use of the ballet barre to target all muscle groups, while employing muscle-shaping isometrics to quickly and safely reshape the entire body. Balanced Body Barre emphasizes safety and body awareness for unique body-transforming results. No dance experience required.

Series Classes

Pilates

Pilates. Pilates is a mind-body conditioning exercise program that targets the deep postural muscles of the abdomen and spine to improve overall central core stability and posture. You'll learn how to move safely and efficiently while improving your overall level of fitness. This series incorporates modern theories of exercise with spinal rehabilitation through five basic principles without high impact movement. Students should have some basic experience with Pilates before enrolling in this class. This class meets once per week.

Yoga Tone

Yoga Tone. Yoga Tone is an integration of classical yoga and strength training which incorporates the use of hand weights to promote toning and strengthening of the physical body. We will combine alignment and position in each Yoga pose to isolate key muscles for optimal strength & conditioning. This class will help you develop strength, coordination, balance and poise. Hand weights are provided. Please bring your own yoga mat. This class meets once per week and is appropriate for all levels of experience.