



Yoga Schedule

Sundays Morning *Pranayama and Qigong* 8:00-9:30am Honls Beach (Quan)
Sunset *Power Flow* 5:15-6:15pm Pahoehoe Park (Emily)

Mondays Morning *Yin Flow* 8:00-9:00am Honls Beach (Gary)
Afternoon *Martial Arts* 4:00-5:00pm Pahoehoe Park (Quan)
Sunset *Yin Yang Yoga* 5:15-6:15pm Pahoehoe (Aya)

Tuesdays Morning *Hatha Yoga* 8:30-9:30am Honls Beach (Sherry)
Sunset *Hatha Yoga* 5:15-6:15pm Pahoehoe Park (Kai)

Wednesdays Morning *Hatha Yoga* 8:00-9:30am Honls Beach (Celeste)
Sunset *Hatha Yoga* 5:15-6:15pm Pahoehoe Park (Sabine)

Thursdays Sunset *Hatha Yoga* 5:15-6:15pm Pahoehoe Park (Bill)

Fridays Morning *Back Care Yoga* 8:30-9:30am Honls Beach (Aya)
Sunset *Power Flow* 5:15-6:15pm Pahoehoe Park (Emily)

Saturdays Morning *Hatha Yoga* 8:00-9:30am Old A's Beach (Kai)

www.HawaiiBeachYoga.com

Please check out our Facebook page for the most current
schedule information and class cancellations.

Our Class Offerings:

*Hatha Yoga: Build strength and flexibility with a sequence of traditional physical postures done with special focus on the breath, to re-align the body and increase overall energy.

*Power Flow: Expand endurance, strength and overall athleticism with an aerobic sequence of hatha yoga postures connecting to each other in a steady flow of powerful movement.

*Pranayama/Qigong: Breathe in controlled patterns to increase overall health and lung strength, with added steady and fluid movements to open up the entire body.

*Yin Yang Yoga: Restore balance inside and out with this perfect blend of hatha and yin yoga, consciously combined to work your sympathetic (“fight or flight”) and parasympathetic (“rest and digest”) systems into harmony.

*Back Care Yoga: Whether you have a sore or sensitive back, or you're just looking to prevent injuries - this class will help your body and back become more supple and flexible while remaining strong and stable.

*Yin Flow Yoga: Really let go as you flow through transitions from deep stillness into dynamic strength to promote growth and calmness in addition to strength and balance. Encourage yourself to develop an intuitive sense of fluidity and grace.

*Martial Arts: Learn effective close-range-combat and practice self-defense with Quan of Core Combat Unlimited. Men and women, adults and keiki are all welcome to join this class.