



Yoga Schedule

Sundays **Sunset** *Gentle Hatha Yoga 5:15-6:15pm Pahoehoe Park (Kai)*

Morning *Qigong and Pranayama 8:00-9:30am Honls Beach (Quan)*

Mondays **Sunset** *Yin Yang Yoga 5:15-6:15pm Pahoehoe (Aya)*

Afternoon *Martial Arts 4:00-5:00pm Pahoehoe Park (Quan)*

Tuesdays **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 **Sunset** *Vinyasa Yoga 5:15-6:15pm Pahoehoe Park (Emily)*

Morning *Back Care Yoga 8:30-9:30am Honls Beach (Aya)*

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 info
on class cancellations and schedule changes

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.

*Vinyasa Flow: Expand endurance with an aerobic sequence of hatha yoga postures connecting to each other in a steady flow of movement.

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

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

*Yin Yang Yoga: Balance yourself inside and out with hatha and yin yoga blended together to work your sympathetic (“fight or flight”) and parasympathetic (“rest and digest”) systems.

*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.

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