



Beach Hawaii Beach Yoga Yoga

- **Sundays:** **Morning** *Pranayama and Qigong* 8:00-9:15am Honl's Beach (Quan)
***Late Afternoon** *Vinyasa Yoga* 5:00-6:00pm Pahoehoe Park (Sara)
- **Mondays:** **Morning** *Vinyasa Flow Yoga* 9:00-10:00am Honl's Beach (Heather)
Late Afternoon *Hatha Yoga* 5:00-6:00pm Honl's Beach (Sherry)
- **Tuesdays:** **Morning** *Integrative Yoga* 9:00-10:00am Honl's Beach (SoulFire)
Sunset *Hatha Yoga* 5:30-6:30pm Pahoehoe Park (Heather)
- **Wednesdays:** **Morning** *Hatha Yoga* 8:00-9:15am Honl's Beach (Suzy)
Sunset *Mindfulness/Gentle Yoga* 5:30-6:30pm Pahoehoe Park (Sabine)
- **Thursdays:** **Morning** *Hatha Yoga* 8:00-9:30am Honl's Beach (Celeste)
Sunset *Vinyasa Flow Yoga* 5:30-6:30pm Pahoehoe Park (Nicole)
- **Fridays:** **Morning** *Back & Hip Care Yoga* 8:00-9:00am Honl's Beach (Aya)
Sunset *Vinyasa Flow Yoga* 5:30-6:30pm Pahoehoe Park (Nicole)
- **Saturdays:** **Morning** *Hatha Yoga* 8:00-9:30am Honl's Beach (Kai)
Late Afternoon *Hatha Yoga* 5:00-6:00pm Honl's Beach (Sherry)



www.HawaiiBeachYoga.com



Our Class Offerings:

- ***Hatha Yoga:** Build strength and flexibility with a sequence of traditional physical postures done with special focus on your breath, to re-align your body and increase overall fitness, balance and energy.
- ***Vinyasa Flow Yoga:** Allow yourself to flow through this aerobic sequence of hatha yoga postures that connect to your breath in a steady flow of graceful movements to help you get in shape, find new flexibility, and enjoy peace within.
- ***Pranayama/Qigong:** Breathe in controlled patterns to increase overall health and lung strength and reduce stress and tension, with added circular, steady and fluid movements to open up your entire body.
- ***Back & Hip Care Yoga:** Whether you have a sore back, tight or sensitive hips, or you're just looking to prevent injuries - this class will help your back and hips become more supple and flexible while remaining strong and stable.
- ***Yin Flow Yoga:** Flow through transitions of Yin and Yang energy. Move from deep stillness to dynamic strength to promote balance and calmness in addition to strength and flexibility. Develop an intuitive sense of fluidity and grace as you bring harmony to your sympathetic ("fight or flight") and parasympathetic ("rest and digest") systems.
- ***Mindfulness and Gentle Yoga:** Explore yoga as a tool for self-discovery and an experience of cultivating mindfulness. You'll put emphasis on maintaining a meditative state throughout this guided practice of gently flowing hatha yoga.
- ***Integrative Yoga:** Heal yourself and bring unity to your body, mind, heart and soul. Enjoy this dynamic & energetic moving meditation for all levels. This class incorporates yoga styles of Hatha, Ashtanga, Vinyasa, Tantra, Kundalini, and Qigong!

Please check out our [website](#) for the most current info about Covid19 health regulations.

Please see our [Facebook](#) page for current information about class cancellations.

The CDC recommends students wear face masks.

Students should not come to class if they have a cough, fever, or do not feel well.

All participants should maintain a 6-foot distance from one another.

Students should not shake hands or engage in unnecessary physical contact.

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