



Beach Hawaii Beach Yoga Yoga

Sundays:

Morning *Pranayama and Qigong* 8:00-9:15am @ Honl's Beach (Quan)

Mondays:

Morning *Hatha Yoga* 8:00-9:00am @ Honl's Beach (Aya)

Tuesdays:

Morning *Hatha Yoga* 8:00-9:15am @ Honl's Beach (Suzy)

Wednesdays:

Morning *Hatha Yoga* 8:00-9:30am @ Honl's Beach (Kai)

Thursdays:

Morning *Hatha Yoga* 8:00-9:30am @ Honl's Beach (Celeste)

Fridays:

Morning *Back & Hip Care Yoga* 8:00-9:00am @ Honl's Beach (Aya)

Saturdays:

Morning *Hatha Yoga* 8:00-9:30am @ Honl's Beach (Kai)



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.

***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.

***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!