

# Yoga Flow

Now offered 6 days a week!

Mon 7:15 pm • Tue/Wed/Thu 6 pm • Sat 5 pm • Sun 3 pm

Yoga Flow is a **Vinyasa based yoga class** designed to help the practitioner get out of the head and into the body by synchronizing movement and breath. With a strong focus on alignment **this class will build strength, balance and a kinesthetic awareness** of where the body is in space.

Each sequence of postures is designed to fit the student's needs and mood. As well as being a mindful practice, **vinyasa yoga improves your core body strength, flexibility & cardiovascular health**. It tones the muscles, stimulates circulation & the lymphatic system.



Shaina Traisman teaches Vinyasa yoga with a strong emphasis on alignment, breath, spirituality and self-awareness. She sets a classroom environment that is nurturing and challenging, leading her students to gain both inner and outer strength. It is due to her extensive training in yoga, bodywork and healing that she is able to safely and skillfully guide people through a process of self-discovery.



Eugene Lewins's passion is movement, preferably outdoors, and supporting others in their activity of choice - through yoga, massage and leading outdoor trips. Eugene has been teaching yoga for twelve years, studying with Indian yoga master Aadil Palkhivala and Yoga Journal's anatomy expert Julie Gudemestad.



Emily Light began her study and practice of yoga in 2001 after training in classical dance for 7 years. She has completed Moksha Yoga's 200 hr. Foundational Training Program and most recently studied under Swami Tureyananda in Southern India. Within her yoga instruction, Emily incorporates the eight limbs of Raja Yoga.



Alissa Lesperance began her journey into yoga over ten years ago and continues to evolve her teaching style. She is certified through YogaFit and the American Council on Exercise. She has studied various styles of yoga from Hatha, Iyengar, Anusara, Power Vinyasa, and traveled to India to study. Her teaching style combines her personal experience with the needs of the students in order to help them achieve their own personal balance.

