

# BENT YOGA

bend your body ~ bend your mind ~ change your life

## VINYASA

LINKING BREATH AND MOVEMENT. MULTIPLE FLOWS WHERE STUDENTS ARE ENCOURAGED TO EXPLORE AND MOVE AT THEIR OWN PACE.

## VINYASA W/ YIN

30 MINUTES OF VINYASA.  
FOLLOWED BY 30 MINUTES OF YIN.

## GUIDED VINYASA

CONNECT BREATH AND MOVEMENT. THE CLASS MOVES AS A GROUP TO CREATE COMMUNITY. CHALLENGING & UPLIFTING.

## SLOWBURN

LONGER HELD STRENGTH POSTURES.  
MENTALLY CHALLENGING. SLOWER PACED.  
GREAT FOR BEGINNERS.

## SLOW FLOW

LINK BREATH AND MOVEMENT.  
GUIDED & INSTRUCTIONAL, CUES FOR POSES.

## GENTLE FLOW

GREAT FOR BEGINNERS. ACTIVE AND PASSIVE STRETCHING. SLOWER PACED.

## YIN

PASSIVE STRETCHING. RESTORATIVE.

### SUNDAY

9:00A-10:00A : GUIDED VINYASA  
10:30A-11:30A : SLOW FLOW  
7:00P-8:00P : YIN

### MONDAY

5:30A-6:30A : VINYASA  
9:30A-10:30A : SLOW FLOW  
5:00P-6:00P : GUIDED VINYASA  
7:00P-8:00P : SLOWBURN

### TUESDAY

5:30A-6:30A : VINYASA W/ WEIGHTS  
8:30A-9:30A : VINYASA  
5:00P-6:00P : GENTLE FLOW  
7:00P-8:00P : VINYASA

### WEDNESDAY

5:30A-6:30A : VINYASA  
9:30A-10:30A : SLOW FLOW  
5:30P-6:30P : SLOWBURN  
7:00P-8:00P : YIN

### THURSDAY

5:30A-6:30A : VINYASA W/ HIIT  
7:00A-8:00A : GUIDED VINYASA  
5:30P-6:30P : VINYASA W/YIN  
7:00P-8:00P : SLOW FLOW

### FRIDAY

5:30A-6:30A : VINYASA  
9:30A-10:30A : VINYASA

### SATURDAY

9:00A-10:00A : BENT SIGNATURE (GUIDED STYLE)

FASTER

SLOWER

248-491-8565 - <http://bent.yoga>

