

BENT YOGA

bend your body ~ bend your mind ~ change your life

FASTER

SLOWER

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
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 : BUTI YOGA

WEDNESDAY

5:30A-6:30A : GUIDED VINYASA
9:30A-10:30A : SLOW FLOW
5:30P-6:45P : SLOWBURN+YIN

THURSDAY

5:30A-6:30A : VINYASA W/ HIIT
8:30A-9:30A : GUIDED VINYASA
5:00P-6:00P : GENTLE FLOW

FRIDAY

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

SATURDAY

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

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

