

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
7:00P-8:00P : YIN

MONDAY

5:15A-6:15A : VINYASA
9:00A-10:00A : SLOWBURN
5:30P-6:30P : SLOWFLOW

TUESDAY

5:15A-6:15A : VINYASA W/ WEIGHTS
9:00A-10:00A : SLOWBURN+YIN
6:30P-7:30P : GUIDED VINYASA

WEDNESDAY

5:15A-6:15A : GUIDED VINYASA
9:00A-10:00A : SLOW FLOW
5:30P-6:30P : SLOWBURN+YIN

THURSDAY

5:15A-6:15A : VINYASA W/ HIIT
9:00A-10:00A : GUIDED VINYASA
6:30P-7:30P : GUIDED VINYASA

FRIDAY

5:15A-6:15A : VINYASA
9:00A-10:00A : SLOW FLOW

SATURDAY

8:30A-9:30A : BENT SIGNATURE (GUIDED STYLE)
10:00A-11:00A : Slow Flow

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

