

Need a little break?



OCTOBER 20

SESSION 1 / 8:00AM - BREATHE & FLOW! - 30min - beginner/intermediate - Mary Bugg

A dynamic practice mixing energizing breathing techniques and movement. You will breathe big and move intuitively waking up joints & senses! Designed to silence the mind and create a deeper sense of embodiment, this class is a great morning starter!

SESSION 2 / 10:00AM - CHAIR STRETCH - 30min - beginner/intermediate - Mary Bugg

Grab a chair and join a fun and very satisfying practice open to all levels! This is a modified form of yoga where poses are done while seated in a chair or using the chair for support. It's a gentle and accessible way to practice yoga, making it suitable for people of all ages and fitness levels including those with limited mobility.

SESSION 3 / 11:30AM - MELLOWFLOW - 30min - beginner/intermediate - Mary Bugg

The real “feel good flow”, this class will let you explore mindful and intuitive movement to the rhythm of your breath. Working with the breath creates balance, stimulating the parasympathetic nervous system, also known as the body’s “rest and restore” mode. But it’s not just a physical practice – classes use meditation and mindfulness techniques to aide concentration and improve general mental wellbeing. Beginners welcome to try!

SESSION 4 / 1:30 PM - FLOW! - 30min - intermediate/advanced - Mary Bugg

A dynamic movement practice to explore strength, flexibility and balance! This class will help you to unlock your potential through intelligent mindful movement and breath work that will keep your body + mind humming. Expect to leave both energized and at ease in body and mind. No need to bring anything, just a willing attitude!

OCTOBER 21

SESSION 1 / 8:00AM - BREATHE & FLOW! - 30min - beginner/intermediate - Mary Bugg

A dynamic practice mixing energizing breathing techniques and movement. You will breathe big and move intuitively waking up joints & senses! Designed to silence the mind and create a deeper sense of embodiment, this class is a great morning starter!

SESSION 2 / 10:00AM - CHAIR STRETCH - 30min - beginner/intermediate - Mary Bugg

Grab a chair and join a fun and very satisfying practice open to all levels! This is a modified form of yoga where poses are done while seated in a chair or using the chair for support. It's a gentle and accessible way to practice yoga, making it suitable for people of all ages and fitness levels including those with limited mobility.

SESSION 3 / 12:00PM - FLOW! - 30min - intermediate/advanced - Mary Bugg

A dynamic movement practice to explore strength, flexibility and balance! This class will help you to unlock your potential through intelligent mindful movement and breath work that will keep your body + mind humming. Expect to leave both energized and at ease in body and mind. No need to bring anything, just a willing attitude!

Thank you!

Mats & props will be provided

Our staff will clean the equipment between sessions.

