

Monday 6:00 pm - Livestream + In-Person

"Happy Hour" Yoga

(Vinyasa Yoga)

The Yoga Common

Happy Hour is the time of day when people sometimes have cocktails, so these evening classes are named after that time of day. The actual format is Vinyasa Level 1/2. To take this class it is good to be familiar with the names of the poses and the basics of how to do them. Vinyasa yoga flows from one pose to the next with the breath. It is dynamic and energizing. Sun Salutations are practiced, along with a flowing standing sequence, backbends, twists, deep stretching and relaxation. All are welcome. Any injuries or conditions, let me know before class. I will be happy to offer modifications for you.

This class is offered In-Person, and you can also join from home via Zoom.

To join this class, sign up on the [The Yoga Common website](#). Single Class and Membership Options Available. They also have a special for new clients.