



RISE WELLNESS

Class Recommendations

Classes for Beginners & Gentle Practice

- Beginning Yoga Studies
- Gentle Yoga
- Therapeutic Yoga
- Three Questions Yin Yoga
- Restorative Yoga with Hot Stones
- “Yoga Nidra” Guided Meditation
- Wu Style Tai Chi
- Yin Yoga
- Yoga for Balance & Bone Strength
- Yoga for Flexibility

Classes for Illness & Injury

- Gentle Yoga
- Therapeutic Yoga
- Restorative Yoga with Hot Stones
- “Yoga Nidra” Guided Meditation
- Wu Style Tai Chi
- Yoga for Balance & Bone Strength
- Yoga for Flexibility
- Private Yoga Therapy (call for consultation 916.764.4388)

Classes for Stress Relief & Relaxation

- Restorative Yoga with Hot Stones
- “Yoga Nidra” Guided Meditation
- Gentle Yoga
- Hatha Yoga & Meditation

Classes for an Ongoing & Wellness Practice

- All Hatha Yoga Classes
- Kundalini Yoga
- Pilates Mat Class Level 2
- Three Questions Yin
- Yin Yang Yoga
- Yin Yoga
- Vinyasa
- Wu Style Tai Chi