



# RISE WELLNESS

## Class Recommendations

### Classes for Beginners & Gentle Practice

- Beginning Yoga Studies
- Gentle Yoga
- Restorative Yoga
- Qigong
- Yin Yoga
- Yoga for Balance & Bone Strength
- Daily Meditation

### Classes for Illness & Injury

- Gentle Yoga
- Therapeutic Yoga
- Restorative Yoga
- Qigong
- Yoga for Balance & Bone Strength
- Yoga for Flexibility
- Private Yoga Therapy (Call for consultation)

### Classes for Stress Relief & Relaxation

- Restorative Yoga
- Gentle Yoga
- Daily Meditation

### Classes for an Ongoing & Wellness Practice

- All Hatha Yoga Classes
- Kundalini Yoga
- Pilates Mat
- Yin Yang Yoga
- Yin Yoga
- Qigong
- Daily Meditation