**Vinyasa Yoga**

This practice is the synchronization of breath and movement which allows a smooth transition from one pose to the next. Vinyasa Yoga is offered in a non-hot or hot environment. Non-Hot Vinyasa Yoga is performed in room temperature. Hot Vinyasa Yoga is performed in a heated room (98-103 degrees). The heat creates warmth in the muscles which allows your body to move with more ease from pose to pose.

**﻿ YIN**

Yin Yoga usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. These areas are especially rich in connective tissues.