

Lee's Summit Class Descriptions

Radiant Restore - This format is designed for stress relief and is perfect for individuals recovering from an injury or simply looking for a light, passive session. This class incorporates a mixture of gentle, yin and restorative postures done at a slower pace. You will encounter a variety of movements using yoga props, such as blocks and straps for assistance. Open to all levels, this is a great place to explore your flexibility and gain breath awareness. A light heat will be incorporated to allow for deeper stretches. Heat Range: 80-85

Yoga Flow - Yoga Flow is here to bring a new rhythm and challenge to your practice. Sun salutations that emphasize strength and flexibility are the foundation of this class. Your Yoga Flow instructor will walk you through a series of poses that connect and flow. This class works the body to the core while stretching your muscles and opening your joints. In Yoga Flow, our expert instructors will help you focus on alignment, widen your muscle usage, and incorporate breath with movement to improve your range of motion. View the full details about Yoga Flow class times, locations, and details below. Participants will enjoy a unique experience with each class. This class is open to yogis of every level, but be prepared to transition from ground to standing and back to the mat multiple times throughout the class. You can experience unlimited Yoga Flow and other group fitness classes with your Genesis membership or free day trial. Drop-in for Yoga Flow today to experience a peaceful, empowering, and strengthening new level of flow.