



### **ABOUT US:**

[Up Yoga](#) empowers you to generate connections, take action, and be a leader in your own life. Up Yoga delivers on our mission through Heated Power Yoga which is a total body and mind wake Up call. Together, through this practice, we will challenge our bodies, move stuck energy, clear our minds, and inspire each other to seek and live at our truest potential. The practice supports you to raise your vitality and physical power and will empower you to create accelerated results in your overall body strength and confidence. A couple of our classes are practiced in a lower temperature. Check out Ease-Up and Yin for less external heat.

### **CLASS DESCRIPTION:**

This power vinyasa class supports you to raise your vitality, physical power, and freedom to access accelerated results in your overall body strength and confidence. You will link the movement in your body with your breath, like a dance, to create a flow that will generate sweat and reveal your shine from within! This class is suitable for all levels of practitioners, from raw beginner to advanced. We do all of this while having fun! Creativity lives in play. Yoga can be serious, and we don't think it always needs to be that way.