

Schedule by Location

All Sessions

Location	Start Time	End Time	Session/Class Name	Instructor	Duration	Session Description
Prana Porch	9:15 AM	10:15 AM	Mindful Resilience Yoga For Health and Longevity	Rick Rowan	1h	Think clearly, Breath easily, Move freely, Rest deeply and be Grateful. The class is for all levels and abilities and will provide tools that can be used as needed to settle the turbulent mind and strengthen the body. If you experience anxiety, fear, anger, sleep issues or feelings of inadequacy, this class is for you. Veterans and first responders and their families have found these tools to be life changing. Come and experience a different approach to the practice of yoga.
Prana Porch	10:45 AM	11:45 AM	Piyo	Angela Carson	1h	Join Angela for this power fusion class where modern Pilates blends with the ancient practice of yoga for a holistic full body workout. Enjoy the benefits of traditional yoga poses complemented with the classic body sculpting and core concentration of Pilates. Both promote a mind-body connection with an emphasis on slow, controlled movements
Prana Porch	12:15 PM	1:15 PM	Kitten Yoga	Emily Elder	1h	A gentle yoga session containing standing, seated, and prone positions ideal for watching, playing, and laughing at the antics of hilarious kittens. Be prepared for smiles and happiness. Kitten yoga is designed to ease your mood and your body.
Prana Porch	1:45 PM	2:45 PM	Self Defense	Josh Page	1h	Self Defense Seminar is good for all skill levels. Participants will learn Gracie Jiu Jitsu self defense from Pedro Sauer Blackbelt Joshua Page. All the skills taught will be simple, effective, and can be used to stay safe from a larger, stronger, opponent.
Prana Porch	3:15 PM	4:15 PM	Yoga for EveryBody	MichelleZ	1h	New to yoga, looking for a refresher, or want to compliment cardio with stretching? Poses in this class will emphasize range of motion, increased flexibility, balance, strength, and the importance of breath work for good health. All tied together with an uplifting playlist!
Prana Porch	4:45 PM	5:45 PM	Pilates	Michelle Morgan	1h	Pilates centers on cultivating core strength—embracing the abdominals, lower back, hips, and buttocks—while gently lengthening and strengthening all major muscle groups. This harmonious practice enhances flexibility, strength, balance, and body awareness. Whether you participate in sports, walk, run, or practice yoga, Pilates offers a path to improved performance. The blend of mindful breath work and intentional movements of Pilates leaves you feeling both invigorated and serenely calm.