



Saturday & Sunday Yoga

All About the Core Yoga - Focus on the muscles that comprise your core and yoga postures that enhance awareness of those muscles.


Ashtanga Yoga - A physically demanding style of yoga that follows a set sequence of postures gradually progressing throughout class with a focus on breath and movement. 

Breath & Body Yoga - Energetic movement through a series of poses with an emphasis on the breath while cultivating moment to moment awareness.

Exploring the Five Vayus in Yoga - The ancients used metaphor and poetry to describe anatomy and physiology. Working with common postures to connect with each vayus and experience our practice and our normal movement patterns in a more meaningful way. 

Gentle Yoga/Yoga Nidra - Warm up with gentle movements then settle in for a guided meditation while resting on the mat.


Mindful Flow - Combine breath and movement as a means of cultivating moment to moment awareness.

Power Flow - A fitness-based style of yoga that emphasizes flowing into poses using strength and flexibility. 

Restorative Yoga - Relaxing and rejuvenating practice for calming the mind and body with poses held for long periods of time with the support of props.

Yoga Pilates Blend - Pilates-based movements warm up and strengthen the body to integrate yoga poses for alignment and flexibility.

Yoga Remedies - Simple yoga routines to help rehabilitate the entire body, mind and spirit.

Silent Yoga - Movement of level 1 poses are cued by a singing bowl. Embrace the silence of this meditative practice. 



Indicates yoga experience recommended

Space is limited, registration required for each class through online portal or Member Services 919-545-2133. Registration begins 7 days in advanced, beginning at midnight.

Duke Center for Living
at Ferrington