

889 Yonge

Class Descriptions

The Yoga Community at 889 Yonge is strongly rooted in the Vinyasa Flow tradition. Through creative sequencing, Vinyasa Flow Yoga unites breath and movement, and inspires your own natural rhythm. All classes indicated on the schedule described with 'Flow' embody this Vinyasa Flow style. Classes differ in tone & intensity. Should you have special needs/interests please contact Jennifer at 889.

Fundamental Flow

The bridge between our 889 Beginner Yoga and our more challenging Vinyasa Flow Yoga, Fundamental Flow provides a fluid approach to build upon the foundations learned in 889 Beginner Yoga. Establish a greater sense of comfort and confidence in your practice.

Gentle Fundamental Flow

This relaxing class is Hatha yoga based and is inspired by the teachings of Vanda Scaravelli and Esther Myers. Classes are suitable for beginners or for anyone wishing to truly slow down and feel the many benefits of asana (postures) and pranayama (breathing). Students will have the opportunity to quiet their minds and welcome their own internal experience as postures are explored with awareness and curiosity. Classes usually begin with a guided meditation and then evolve at the student's own pace into the asana part of the class. A breathing practice and relaxation in savasana complete the class. Come enjoy the pleasure of movement and depart with a calmer, centered state of mind.

Vinyasa Flow

A dynamic yoga sadhana based on the coordination of breath with movement. These intermediate level, creative flow classes will get your body moving and are designed to be both physically and mentally challenging, deepening your yoga experience. Join us for our morning, lunch, brunch or evening flow classes!

Candlelight Flow

In a cozy beautifully lit space this lunar yoga sadhana will take you into the depths of your practice. Gradual, sustained opening within the connective tissues will release tension and create space for the free flow of energy. Nourish your body and soul in this healing, restorative practice.

Detox Flow (HOT!)

This challenging class, guided in a heated room, is designed with the specific intention of firing up the core and cleansing the vital organs. Thoughtful sequencing will cultivate serious strength, increase circulation, and stimulate the kidneys & liver to release accumulated toxins. Hello new LBD. Hello washboard abs.

Athlete Flow

This experience combines a Yang sequence focusing on stretching and strengthening muscle tissue and developing athletic endurance, and a Yin sequence influencing ligament tissue to release joint tension. A great complement to your workout program.

Mandala Flow

889's Mandala Flow Yoga, inspired by Shiva Rea, introduces 360-degree circular patterns of sequencing and cross-linear movement for a true Prana Vinyasa Flow experience. Liberate your prana and explore your fluid nature!

Ashtanga Current

Connect to the inner and outer pulse, the rhythm that links us to our breath and encourages us to flow with the current of life. In this inspiring vinyasa-based class, we invite you to challenge your weaknesses and embrace your strengths!

Budokon

The physical practice of Budokon draws upon ancient and modern yogic and martial arts styles to dance between agility, power, focus and flow in both the body and mind. Heavily influenced by Iyengar and Ashtanga Yoga as well as Okinawan Karate-do, Gracie-Jiu-Jitsu, and Olympic Style Tae Kwon Do, the foundation of the Budokon physical practice is precision, alignment and Zen mind. Jackie Chan...here we come.

Early Bird Yoga

A brilliant way to start your day! In harmony with the natural rhythms of the universe, enjoy an invigorating morning yoga practice with the rising of the sun. Leave feeling relaxed and rejuvenated and ready for a peaceful day.

Yin Yoga

Focusing in on the connective tissues of the body (ligaments, tendons & myofascia), Yin Yoga is a great way to deepen your yoga practice and let go of unnecessary, accumulated tension. Challenging postures are held in order to tap into deeply rooted tension, allowing greater freedom in the joints and ease through a full range of motion.

Yin/Yang

Bliss. The perfect blend. Creating balance and peace of mind. The Yang portion of the class will stimulate the muscles in the body, encouraging strength and physical health. The Yin portion will move beyond the muscles, targeting the connective tissues in the body, lubricating the joints and increasing flexibility. A perfect blend of yoga to strengthen, nourish and regulate the energy levels in the body.

Recharge Restore

An all levels class that begins with a dynamic and invigorating progressive sequence and ends with balancing and blissful restorative. YUM. Feel energized and go deep.

Rhythmic Flow

An all levels flowing vinyasa class that is sequenced to uplifting and inspiring global rhythms. A sweet and soulful journey that leaves you feeling energized and blissful.