

Lorrie's

In-Person Classes

at Yogart Studio (New Liskeard)

[CLICK HERE to register for these classes](#)
[or to check out other classes offered at YogArt Studio](#)



Building Bones Strength & Yoga

Wednesdays • 10:30 a.m.

If you want to move better, improve balance, and get stronger and more flexible, this class is for you! We use chairs, strength bands, exercise balls and props to have fun while building muscles and bones.

Stillness, Stretch and Strength Yoga

Thursdays • 9:30 a.m.

A gentle yoga flow class is a great way to start your day and is suitable for all levels. It typically includes poses and sequences that help to build flexibility and strength and induce relaxation. You'll often start with gentle warm-up poses and then move into more dynamic poses that focus on building strength and balance. The class includes breathing techniques and mindfulness practices to help with relaxation.



Stretch, Rock and Roll

Thursdays • 4 p.m.

This class will not only induce a blissful sleep but will have you waking up on Friday morning feeling long, tall and ready to rock your day and your weekend. Using stretch bands, body rolling balls, pinkie balls and stability balls, we roll, strengthen and stretch each and every muscle and fiber. It is a perfect balance of fun and "work" to meet your fun and fitness goals.

Lorrie's

Online Zoom Classes

LIVE and/or Recorded Options Available

EMAIL Lorrie to Register or Click the link for your fave class in the calendar (First ZOOM class is FREE)

Gentle Yoga Flow on Zoom

Mondays • 8:30 a.m.

Doing yoga in the comfort of your own home is amazing! You can work at your own pace, wear pajamas if you want and have your favourite pillows and blankets around you. This gentle flow starts with a focus on relaxed breathing and moves to some gentle stretches on our back, a flowing sequence on the knees, and a standing flow for balance and strength. Modifications are always given for those with knee, wrist, neck, shoulder or back concerns. It is an awesome way to start your day and week!

Yoga and Pilates Strength Flow

Wednesdays • 8:30 a.m.

This class is a more vigorous class but combines nicely with the Monday Yoga Flow. It often has a sun salutation sequence and a strong mat Pilates core sequence. Sometimes, we incorporate hand weights/strength bands and do a stronger standing warm-up sequence (as compared to Monday). This class will leave you fired up for your day but with a calm feeling of energy.



1-on-1 Zoom or In-Person Coaching

30-min, 45-min and 1-hour sessions available

Email to inquire. Sessions are tailored to your goals; whether they pertain to overall wellness and/or are specific to strength, flexibility, balance, posture, breathing, meditation, anxiety, or even habits and routines (my specialty!).