



Class Descriptions

Ashtanga Beginners

An introduction to the basic concepts and postures in the traditional sun salutation sequences. In this foundational class, students will learn to connect physical movement with their breath rhythm. Class may conclude with some meditation.

Ashtanga Intermediate

An abridged form of the traditional Primary Series. Movements and *bandhas* (binds) are combined with breath to produce an energetic and detoxifying practice. Beginner to General Levels.

Ashtanga Advanced

Going deeper into the Primary Series, students are led through most of the sequential asanas and, time permitting, Finishing postures. General Levels.

Ashtanga LED Primary

A Guided Meditation in Movement Experience. The class offers minimal instructions, at a pace that allows the full Primary and Finishing sequences to be completed. Class is geared towards students familiar with Ashtanga Vinyasa practice.

Ashtanga On The Run

Condensed. Powerful. A dynamic lunch break. Suitable for students with previous Vinyasa or Ashtanga experience and those with limited time.

Flow Into Stillness

Gentle accessible postures leading to simple Pranayama (breathing exercises) and Meditation (observing the senses) designed to quiet the mind. An Introspective Practice for heart, mind, and body.

Hatha Yoga

Instructional and slow paced for students of all levels. A non-sequence class taught with flow, or focused on a theme, whether anatomically, physiologically, or philosophically. No two classes are the same.

Inversion Fundamentals

Turning your perspectives upside down. Literally. Adventurously. Through Vinyasa sequences and core work, students learn to go into inversions safely through application of muscle memory, correct alignment and clear intention. An all class for students to enhance energy, motivation, mental clarity and consciousness (suitable for those with a minimum of 3-6 months regular Yoga practice).

Mat Pilates

An invigorating series of core and whole body strengthening and stretching exercises, to transform your body and stimulate your mind. Techniques are customised to the specific needs of each guest and through precise and controlled movements, weaknesses and postural misalignments will be identified and worked through. To help to tone muscles, increase flexibility and improve core stability (essential for managing back pain and other injuries).

Mysore

In this self-practice method of the Ashtanga Vinyasa system, students execute a series of sequential poses at their own pace under the guidance of a teacher, who assists them individually with verbal queues and hands-on adjustments. Through the consistent practice of the specific routine, students learn to develop self-discipline and experience significant improvements to their poses. Students may arrive any time within the two-hour class.

Vinyasa Flow

A Flow-for-Fitness style of practice, students focus on mindfully linking breath to a dynamic flow of poses. In this class, practitioners build strength, flexibility and concentration while cleansing the body and calming the mind. Suitable for practitioners of all levels.

Power Vinyasa

Energetic. Vigorous. The constant flow of physical movement helps to strengthen and tone the body, while dissolving muscular tension and building flexible strength. Ideal for those who enjoy an energetic and more challenging workout. For practitioners of all levels.

Pre-Natal Yoga

A nourishing environment for Mothers-to-Be. The class helps expectant mothers to relax, stay fit, prepare for labor, and connect with their changing body and baby. With a multi-faceted approach to exercise, a specialist instructor leads students through a series of breath work, gentle stretching and balance exercises to promote strength, flexibility, and mental and emotional centering.

Spinal Health Yoga

Yogis believe that a person's health is determined by the flexibility of his/her spine. This class offers a series of exercises (kriya) to correctly align and move the spine, assisting in the reduction of back pain and discomfort. An all-levels class.

Yang To Yin

Strengthening, flowing postures perfectly balanced with gentle, static stretches. The class ends with relaxation techniques to welcome a peaceful and meditative mind. For practitioners of all levels.

Mindfulness

A beginning breath work and energetic field cleansing then progressing into guided mindfulness meditation from many traditions which may include: Mantra & Pranayama meditation and Shavasana. This class consists in practicing mindfulness through meditation and or other techniques which distracting thoughts and feelings are not ignored but are rather acknowledged and observed nonjudgmentally as they arise to create a detachment from them and gain insight and awareness improving mental and physical health. Modifications can be made to meet students' needs and suitable for all levels.

Yoga, breathwork & postures

The students are taught various methods of traditional breathwork named in Sanskrit "Pranayama", which sets a solid foundation for postures and movements. Together with consistent practice of both pranayama and postures, the practitioner will gradually achieve a state of well-being both internally and externally.

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