

**Hot Studio Classes** - Classes carried out in our studio heated to up to 42 degrees to promote flexibility, releasing muscular tension, toning and strengthening the body whilst encouraging weight loss and detoxification

**Hot Yoga** - Suitable for all levels – the postures taught are static and taught individually which make it perfect for beginners. The whole body is worked and the class is focussed heavily on alignment.

**Beginners Hot Yoga** – Suitable for all levels and in particular beginners – this is the perfect introduction to the hot studio. Each week there is a different focus, the class moves at a slower pace and extra guidance is given.

**Hot Yoga Flow 1** - Suitable for brave beginners and all levels - this is a Vinyasa class (flowing synchronization of body movement and breath). Flow classes involve a certain level of co-ordination so we recommend if this is your first Yoga class that you attend Hot Yoga first and then progress into Hot Yoga Flow 1. The class includes a short meditation at the end.

**Hot Yoga Flow 2** - Suitable for experienced levels - dynamic and detoxifying – a great class to progress onto after attending Hot Yoga Flow 1.

**Hot Align & Flow Yoga** - Suitable for all levels - flowing sequences centred around the Anusara universal principles of alignment. Students will learn the biomechanics behind body alignment and how to reach their fullest expressions in poses. The class incorporates intention setting, pranayama (breathwork) and meditation.

**Hot Dynamic Yoga** - Suitable for experienced levels - this class brings the principles of Ashtanga Vinyasa Yoga into the hot room. Poses are linked together through an organic flow using the breath, designed to increase flexibility, strength and stamina.

**Hot Forrest Yoga** - Suitable for all levels - Forrest Yoga is a strong practice that works to release tension and build greater awareness throughout the body through breath, core work and sequencing. With a strong focus on healing, you will learn to tailor poses that best work for you whilst building strength, flexibility and integrity in your practice.

**Hot Lunchtime Flow** - Suitable for all levels – this is a flowing Vinyasa class, perfect for those with limited time.

**Hot Relaxation Yoga** - A slow, mindful yoga practice focusing on the breath. Postures will create a sense of release and relaxation. A perfect practice to let go of your week.

**Hot Rocket Yoga** - A dynamic, fast paced class for intermediate/advanced students. A great class to explore more advanced postures.

**Hot Pilates** - Suitable for all levels - this class has the benefits of a Pilates mat class, adding the element of heat. You will stretch deeper, get your heart rate up and work your core. The high temperature increases blood flow and burns calories whilst sweating out toxins.

**Also available in the hot room – see traditional classes descriptions:**

Hot Thai Yoga and Hot Yin Yoga Meditation

Hot Forrest is practised at a slightly lower temperature in the hot room

### **Traditional Studio Classes**

**Yoga Basic** - A perfect class for beginners or for those wanting to discover more about the foundations of yoga. There is a long relaxation at the end of the class.

**Ashtanga Yoga** - Suitable for all levels - the dynamic method of Ashtanga Yoga is derived from the teachings of K. PattabhiJoi, founder of the Ashtanga Yoga Research Institute in India. The class is based on the Primary Series of Ashtanga Yoga, called 'Yoga Chikitsa', which means yoga therapy; a time-tested sequence of asanas practiced with focused breathing techniques, designed specifically to align the body and strengthen the nervous system.

**Connected Flow** - Suitable for brave beginners. Connected Flow is a dynamic movement and mindfulness experience designed to help build a greater awareness of physical and mental space. Focusing on short movement sequences and

tasks, Connected Flow provides a holistic approach to developing a stronger, healthier and ultimately happier body, mind and soul.

**Energy Healing** - Suitable for all levels - a holistic approach to assist us to good health. Energy therapy encourages the body to draw upon its natural healing ability by opening up the flow of energy, clearing emotional blockages and detoxifying itself. You will leave feeling renewed.

**Dance flow** - An all levels class, inspired by dance and yoga to tone and strengthen the whole body. This is a strong and effective workout – a great way to get fitter and have fun at the same time.

**Hatha Yoga** - Suitable for all levels - Hatha is a series of postures linked by the breath, to stretch and strengthen the body and build life-force energy (prana). Classes encourage wellbeing, strength, tone and flexibility of mind and body.

**Iyengar Yoga** - Suitable for all levels - created by BKS Iyengar, this form of Yoga is known for its use of props in aid of performing asanas (postures). Iyengar Yoga is characterized by great attention to detail and precise focus on body alignment. The benefits include strength, increased general vitality, improved circulation, co-ordination and balance.

**Mummy & Baby Yoga** - For babies 6 weeks to crawling and mothers once clearance given from healthcare professional to exercise. This is the perfect Yoga class for mummy and baby and is gentle, effective and fun.

**Pilates** - Suitable for all levels - Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked.

**Intermediate/Advanced Pilates** - This fast-paced class will work toward the full advanced Pilates repertoire with a keen eye toward precision, efficiency and body awareness. Previous mat experience is required before coming to this class.

**Pre-Natal Yoga** - Suitable for expectant mothers from the 16th week of pregnancy – a gentle class promoting relaxation and childbirth preparation.

**Restorative Yoga** - Suitable for all levels - Restorative yoga is about slowing down and opening the body through passive stretching. This is a very nurturing practice and there may not be much movement at all. This gives the body time to refuel and you will leave feeling energised and refreshed.

**Senior Pilates** - Suitable for all seniors – a gentle yet highly effective class for senior citizens to improve posture, flexibility and strength.

**Senior Yoga** - Suitable for all seniors – a gentle yet highly effective class for senior citizens, to stretch and strengthen the body whilst improving flexibility. Breathing techniques are taught to boost overall wellbeing and build life-force energy (prana).

**Sun Power Yoga** - Suitable for all levels - an eclectic mix of Dynamic Hatha which promotes alignment, Sivananda Yoga for subtle mind and breath work and Ashtanga Vinyasa for heat, flexibility and stamina. The class is inspiring and energizing, whilst promoting calmness of mind and body.

**Thai Yoga** - Suitable for all levels – a floor based class – postures are carried out slowly and gracefully, promoting health, vitality and wellbeing.

**Vinyasa Flow** - Suitable for experienced levels - students flow through poses focusing on breath, strength and flexibility. The class is dynamic and detoxifying.

**Yin Yoga Meditation** - Suitable for all levels - classes range from including a variety of slow static postures performed whilst lying down to finding stillness to allow the body to rest and restore and for the mind to meditate. The meditation may include a guided visualisation aimed at promoting a sense of peace, calm and tranquility. This class is deeply relaxing and deeply therapeutic – very little movement is involved yet the benefits are profound.

**Yin Yang Yoga** - Suitable for all levels - a balance of energy and relaxation. Using yang poses (strengthening, dynamic and invigorating) to help warm and prepare the body for the yin poses (slow, long, deep stretches) increasing flexibility as well as calm and quiet the mind leaving you feeling energized and peaceful.