



CLASS DESCRIPTIONS:

ANUSARA INFLUENCED

A profound, playful & slow Hatha practice, using the five principles of alignment. Creating clarity of movement, enhancing body/mind connection & drawing a deeper consciousness to our unified being.

ASHTANGA (Primary sequence)

This practice is a set series of postures with a strong emphasis on moving with the breath. The first series known as Yoga Chikitsa – meaning to purify & cleanse the body. After committing to this strong practice, a sleep like state is induced - giving both strength & peace of mind. [Recommended for those with a previous foundation in Yoga.](#)

HATHA

Classical Indian yoga postures (Asana's) with Pranayama (breathing) & Meditation. During a Hatha class, the postures are held for at least 7-10 breaths, strengthening the body, calming the mind & creating a balanced state. Align, open your heart & breathe.....

HATHA FLOW

On par with a Hatha practice, yet we shall fluidly interweave a slow dance of Yoga Asanas. Connect, flow with the body, flow with presence!

SUNRISE FLOW

Wake up with the sun & give a vibrant glow to your day! As we tune into the energy of the day, we will either flow through a Vinyasa or Hatha flow practice. Synch into the natural rhythms of the body & connect with the rhythms of nature!

VINYASA FLOW

Vinyasa is to synchronise the movement with the breath. Rolling through a sequence of energising postures we entwine a play with body & mind. Fusing pranayama, music & meditation to encourage an integrated yoga practice. Open up & surrender to the mystery of the unknown.....

YIN

A relaxing & meditative practice, holding each Asana for around 3-5 mins. Allowing the deep connective tissues of the body to softly release & open, whilst promoting a profounder consciousness with the breath. The added use of props, allows a passive & healing practice to take place. A way to calm the mind & transcend into a still, blissful state.

PRIVATE & POSTURE CLINIC

- ❖ Do you sometimes think that you're either too shy or not flexible enough to try Yoga? Or maybe during a Yoga practice there's an uncertainty of not moving or aligning correctly? These sessions will give you a personalised opportunity to find a practice & technical alignment structure suitable to your needs. We will begin with a discussion of you & your lifestyle to feed this into a coherent, beneficial practice. Receiving individualised attention on where to strengthen & where to release.



WHICH CLASS TO TAKE?:

- ❖ **ANUSARA INFLUENCED, HATHA, HATHA FLOW & YIN:** RECOMMENDED FOR BEGINNERS OR THOSE WHO ARE RETURNING TO A PRACTICE.
- ❖ **VINYASA FLOW, ASHTANGA :** RECOMMENDED FOR THOSE WITH A PREVIOUS FOUNDATION OR WHO ARE MORE EXPERIENCED.
- ❖ **INTERMEDIATE & ADVANCED:** LEVELS ARE AVAILABLE UPON REQUEST
- ❖ **PRIVATE / POSTURE CLINIC:** FOR THOSE WHO FEEL UNCERTAIN WITH THEIR ALIGNMENT OR PRACTICE & WISH TO RECEIVE PERSONALISED ATTENTION TO REFINE & IMPROVE POSTURE & PRACTICE.