

RELAXING

Yin Sound Healing

This class combines meditative stretches of yin yoga with vibrational tones of singing bowls are type of energy medicine that promotes healing from stress, pain, and depression. The sound can reduce imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtuality and can play a positive role in the treatment of virtuality any medical disorder

Yin Yoga & Meditation

This class is a more meditative class. We hold several poses 3-5 minutes long with a purpose to learn to meditate in every pose. Meditation is to be able to hold the focus in a long period of time. The students will explore how to keep the focus on body sensation, and breathing patterns in 3-5 minutes. A three-quarter of the class will be a guided meditation to unlock the positive thinking power to solve the life issues.



ENERGIZING

Handstand For All Levels

In this class you will learn about handstand preparation, build confidence and discover how to be upside down safely in different entries, as well as to maintain balance. We will be doing exercises from wrist preparation, how to use your hand to balance body positions, to kick up with control against the wall.

Classic Hatha Yoga

This class is using Hatha Yoga principles. Begin by kriya (cleansing), pawanmuktasana series, sun salutation classic Hatha, and holding basic postures for 1-2 minutes, pranayama, meditation, savasana. You will practice a fundamental technique that beneficial for body health also mental health.

Detox Flow

Feeling Struggling? Twist it out! Release toxin and leave this class cleaned, glowing, and rejuvenated.



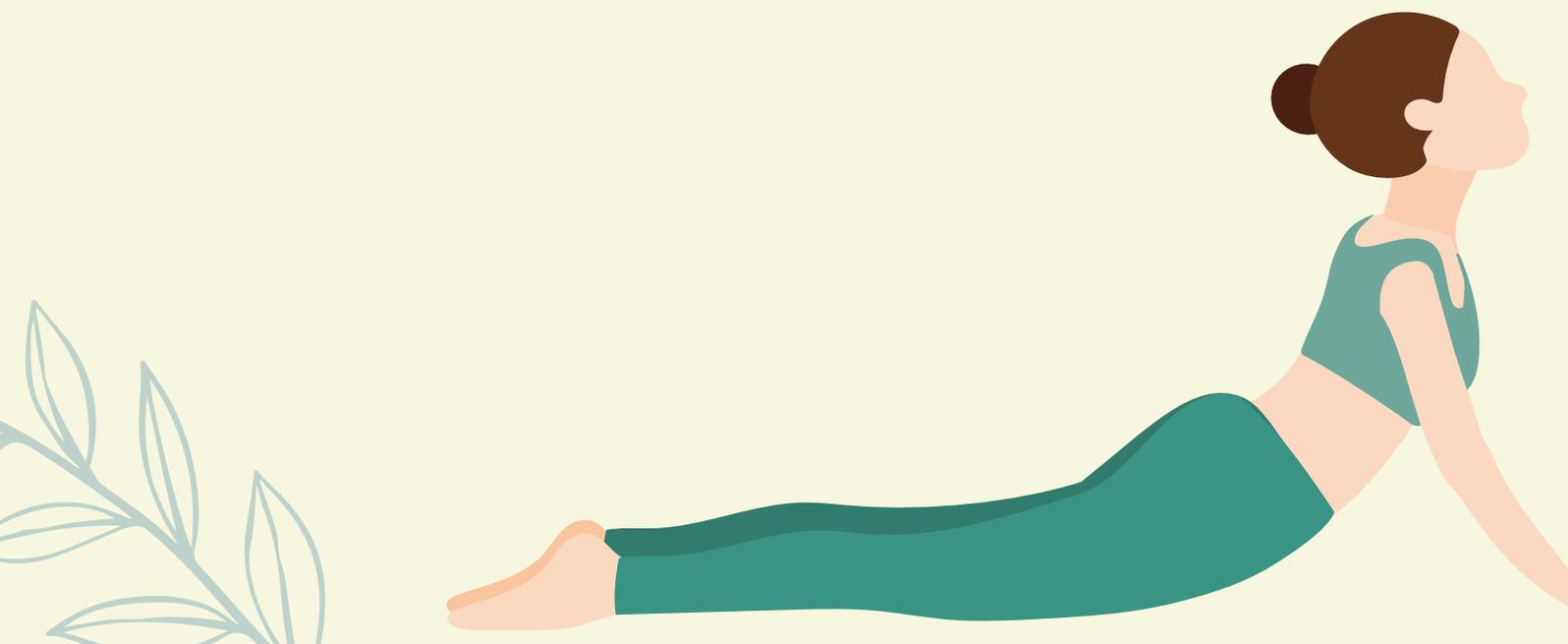
Vinyasa Flow For Strength

It's a dynamic class. Asanas selected by the teacher to focus on improving your muscle strength, endurance, Cardiovasc health. You will use your body weight as resistance. A lot of repetition in the practice so you can really feel the benefit of the practice.

This classwork all of the major of muscle groups in your body - your legs, hips, back, chest, abdomen, shoulders, and arms. Having strong muscles can make it easier to do everyday activities. Increased lean muscle mass (or prevention of its loss), bone density and reduced risk of osteoporosis, metabolism to help with weight loss or weight maintenance, and lowered risk of injury (by allowing the muscles to better support the joints). Class is consists of a general warmup, specific warm-up, standing positions, standing balance positions, arm balance position, inversion position, Abdominal core practice, backbend positions, standing positions, seated positions, lying supine positions, pranayama, meditation.

Vinyasa Flow

Vinyasa flow is a dynamic yoga style which synchronised body movements with breath. This is a fluid and energising practice to open and strengthen your body and mind.



Core Strength Vinyasa

Want to feel more energized?

If you like to work hard and challenge yourself, then this class is for you:)

Core strength vinyasa is a mindfulness movement flow combined with core strength exercises. Having a strong core has loads of benefits and can gratefully improve your spinal and overall physical health.

Here are some benefits:

1. Increase flexibility

2. Increase strength

3. Stabilize and reduce strain on the spine and pelvis, which reduce back pain

4. Improve posture and balance, which help prevent alignment, awareness.



Vinyasa Flow For Flexibility

It's a dynamic class. You will be linking one inhalation one movement, one exhalation one movement. It's a good practice for your cardiovascular. You will be doing some sequence of yoga postures created for your flexibility. A lot of repetition, so you will understand your body better. Class is consists of a general warm-up, specific warm-up, standing positions, standing balance positions, arm balance position, inversion position, Abdominal core practice, backbend positions, standing positions, seated positions, lying supine positions, pranayama, meditation. The theme of the class will be defined by the teacher (hips, legs, trunk, shoulders, etc)

Vinyasa Ashtanga

This class is led by the teacher who calls out the postures to guide the students and cues the breath count of each pose. The class draws on the poses from the first half of the primary series sequence, leaving off some of the more complex poses. This class is perfect for fit beginners, or those who want to get their practice done in a more condensed time frame. The teacher will demonstrate poses and offer modifications as necessary. The teacher will take time to demonstrate or explain the technique for entering the poses as necessary.

