

# YIN SOUND HEALING

## RELAXING



BY :  
KRISNA DEWI  
YT 200  
FROM BALI , INDONESIA

 TUESDAYS 9 AM &  
THURSDAYS 5 PM  
 ASHTARI YOGA

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

## RELAXING



BY :  
KRISNA DEWI  
YT 200  
FROM BALI , INDONESIA

 WEDNESDAYS 5PM  
 ASHTARI YOGA

Yin Yoga : - A quiet practice that involves long holds or passive stretches that targets joints, ligaments and connective tissues of the body and fascia. In this class, grounding, holding and relaxing are emphasized. It promotes detoxification, and stimulates digestion and better sleep as it triggers the body's restive and digestive system. Among all the classes, it has the least movements and is ideal for beginners.



# VINYASA FLOW FOR FLEXIBILITY

## RELAXING



BY :  
ALMITRA PUTRI  
E-RYT500 YACEP | YOGA ALLIANCE  
FROM BANDUNG , INDONESIA



WEDNESDAYS &  
SATURDAYS 9AM



ASHTARI YOGA

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. The theme of the class will be defined by the teacher (hips, legs, trunk, shoulders, etc) 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.

# YIN YOGA & MEDITATION

## RELAXING

BY :  
ALMITRA PUTRI  
E-RYT500 YACEP | YOGA ALLIANCE  
FROM BANDUNG , INDONESIA



 SATURDAYS 5 PM

 ASHTARI YOGA

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.



# GENTLE FLOW

## RELAXING



BY :  
KRISNA DEWI  
YT 200  
FROM BALI , INDONESIA



 SUNDAYS 5PM

 ASHTARI YOGA

Gentle Flow class description It's a dynamic class yet relaxing. You will be linking one inhalation one movement, one exhalation one movement. You will be guided to become aware of all your joints and muscles and we will lubricate all the parts in a gentle way. This class is perfect for you that only wants to move to improve your health and breath to improve your lung capacity and get the energy and power from controlling the mind. Simple yet beneficial, this class is perfect for you that is not ambitious to reach crazy posture

# VINYASA FLOW

## ENERGIZING

BY :  
KRISNA DEWI  
YT 200  
FROM BALI , INDONESIA



 MONDAYS 9 AM

 ASHTARI YOGA

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.



# HATHA ENERGIZING



BY :  
ALMITRA PUTRI  
E-RYT500 YACEP | YOGA ALLIANCE  
FROM BANDUNG , INDONESIA

 MONDAYS 5PM

 ASHTARI YOGA

A balance practice of both the body and the mind. Move mindfully with your breath through traditional postures and sequences that tap into your whole self. This class uses a gradual progression that builds endurance and strength by holding poses for several breaths, keeping in mind the principles of breathing and alignment

# VINYASA ASHTANGA

## ENERGIZING



BY :  
ALMITRA PUTRI  
E-RYT500 YACEP | YOGA ALLIANCE  
FROM BANDUNG , INDONESIA

SUNDAYS 9AM  
🕒 TUESDAYS &  
FRIDAYS 5PM  
📍 ASHTARI YOGA

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.

# CORE STRENGTH VINYASA

## ENERGIZING

BY :  
KRISNA DEWI  
YT 200  
FROM BALI , INDONESIA



 THURSDAYS 9 AM

 ASHTARI YOGA

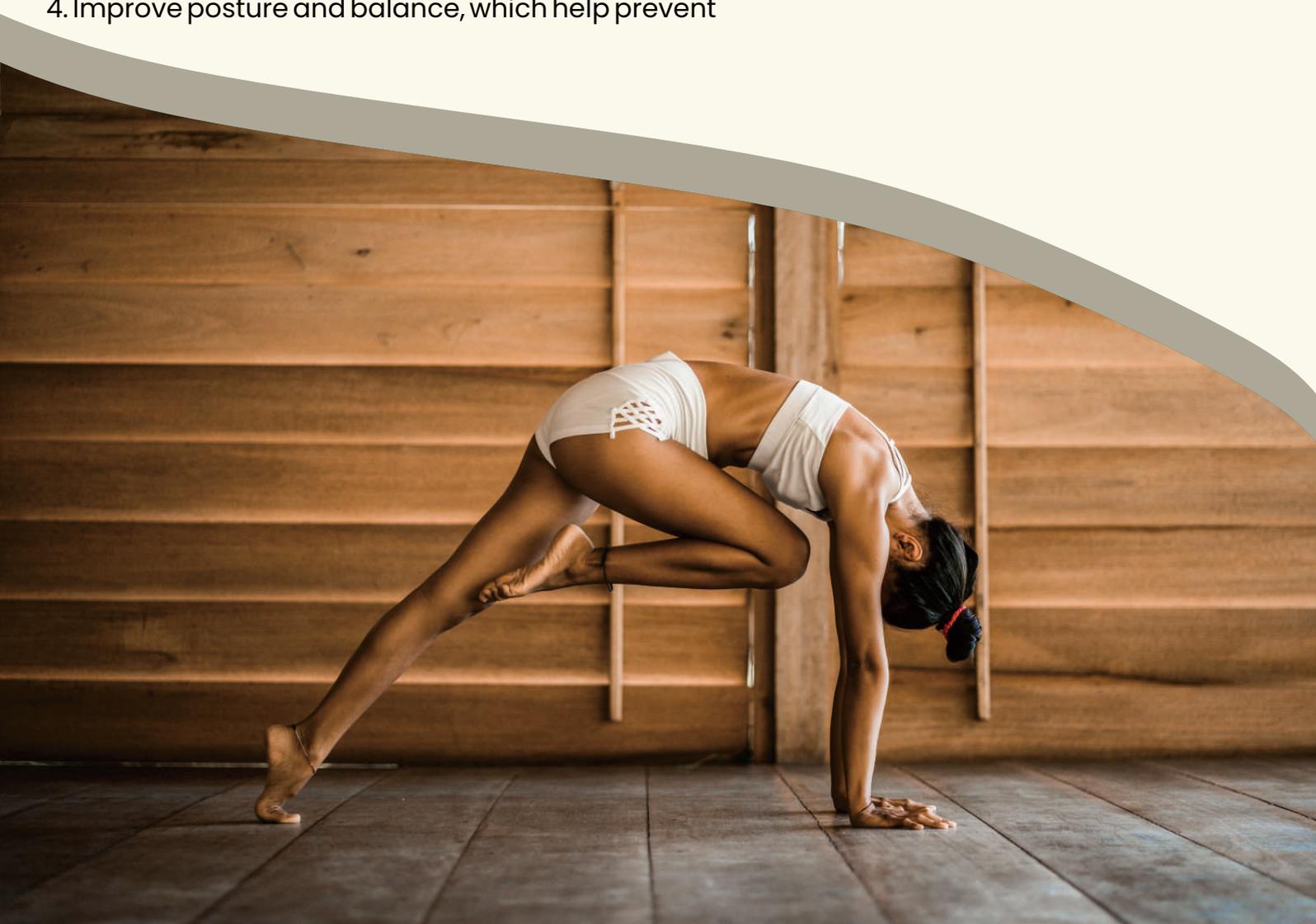
Want to feel more energized?

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
4. Improve posture and balance, which help prevent



# DETOX FLOW

## ENERGIZING



BY :  
KRISNA DEWI  
YT 200  
FROM BALI , INDONESIA



 FRIDAYS 9 AM

 ASHTARI YOGA

Feeling Struggling?

Twist it out!

Release toxin and leave this class cleaned, glowing, and rejuvenated.