

# YIN SOUND HEALING

## RELAXING



BY :  
KRISNA DEWI  
FROM BALI , INDONESIA

- ⌚ MONDAYS & THURSDAYS 5PM
- 📍 ASHTARI YOGA

This class combines meditative stretches of yin yoga with vibrational tones of singing bowls. Singing bowls are a 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 virtually any medical disorder.

# YIN YOGA

## RELAXING



BY:  
KRISNA DEWI  
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.



# YIN YOGA & MEDITATION

## RELAXING



BY :

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

⌚ FRIDAYS &  
SUNDAYS 5PM  
📍 ASHTARI YOGA

A meditative class. We hold floor positions for 3-5 minutes long. Using one single breathing pattern as a point focus in the whole session. Perfect for you who are looking for hips and shoulders flexibility. And great practice for everyone who wants to learn breathing properly and improve focus.

As you hold posture you will feel open as you do a self-massage using acupressure concept. By doing a self-massage we will release blockage in our energy channel. You will leave the class feeling light and free.

Short guided meditation will be added close to the end of the class to unlock the positive thinking power. By practicing positive thinking we are able to gain strength to solve the life issues.

# HATHA VINYASA

## ENERGIZING & RELAXING



BY :

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

TUESDAYS 5PM  
SUNDAYS 9AM  
ASHTARI YOGA

You can expect to work on strength and endurance as well as flexibility in this well-balanced yoga class. This class is using Hatha Yoga principles combined with Vinyasa technique. All levels are welcome, perfect for beginners.

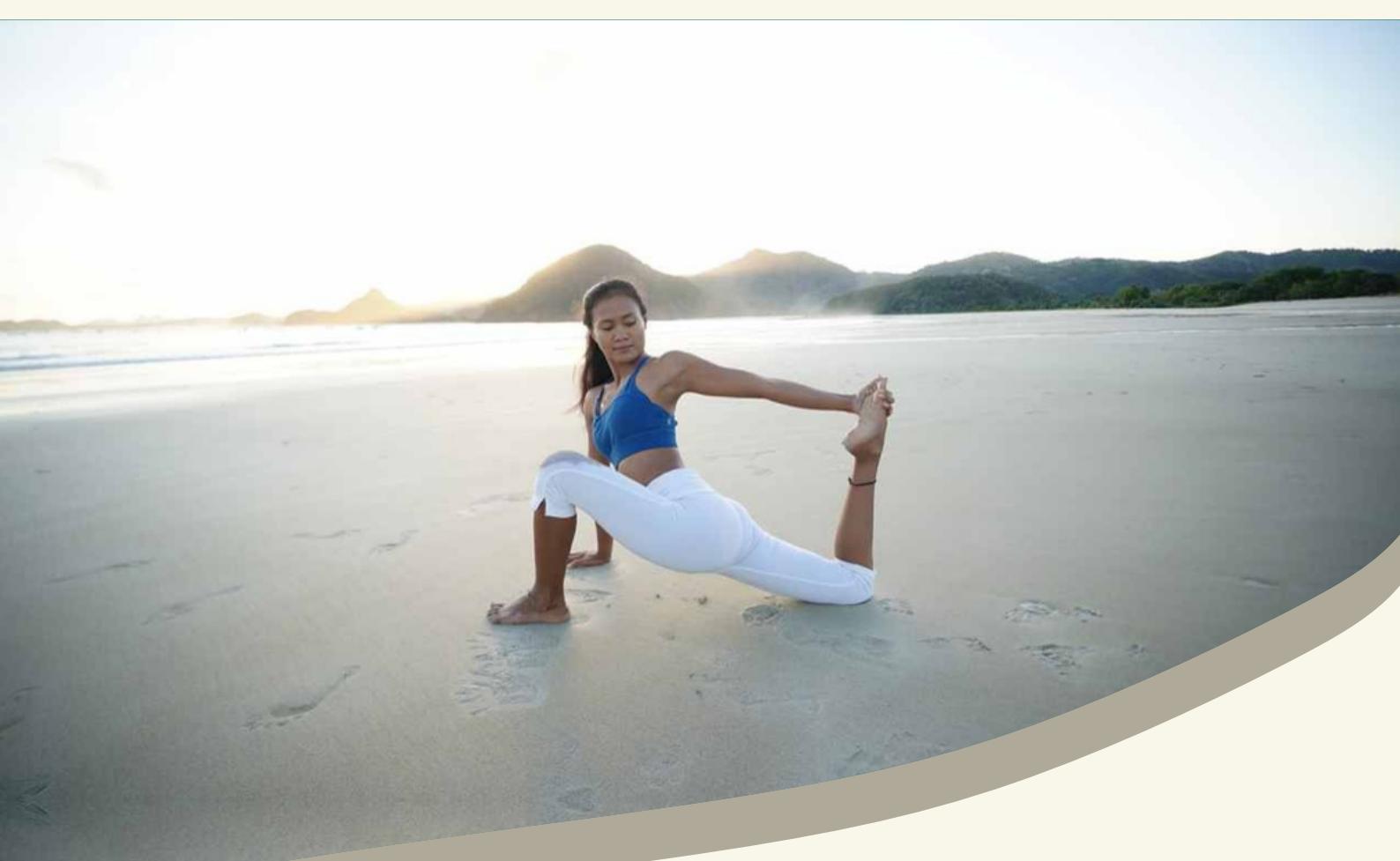
Vinyasa defined as a step by step linking one posture to another smoothly and safely. We will do half class dynamic, linking the breath and the movement. Good for your cardiovascular. And half class will be static, holding posture from 30 seconds to 2 minutes. This part is good for flexibility and endurance. The theme of the class will be defined by the teacher (hips, legs, trunk, shoulders, etc) You can expect to get 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, savasana.

Breath work for morning class we will develop Kapalbhati pranayama in the beginning of the class to energize. For afternoon class we develop Nadi shodhana Pranayama close to the end of the session to get relax. Short meditation can be done in the beginning or at the end of the class.



# YIN YANG

## ENERGIZING & RELAXING



BY :

KRISNA DEWI

FROM BALI , INDONESIA

SATURDAYS 9AM

ASHTARI YOGA

A balance between the sweat and the sweet sensation of the stretch. Perfect for starting up your day. Half of the class you will be sweating from your movement meditation. Half of the class will be closed by relaxing static postures, pranayama, and meditation

# VINYASA ENERGIZING



BY :

ALMITRA PUTRI

E-RYT500 YACEP | YOGA ALLIANCE

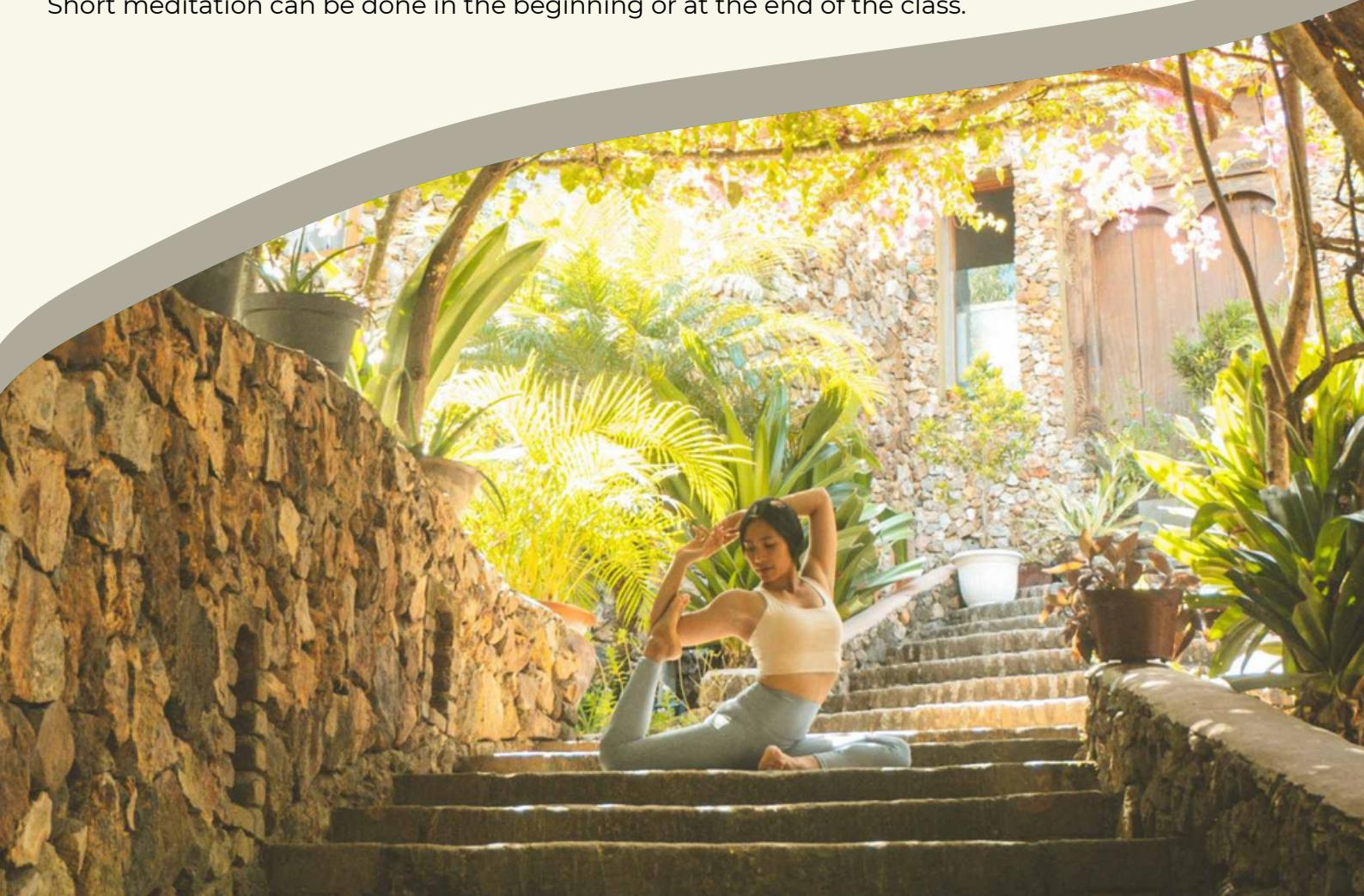
FROM BANDUNG , INDONESIA

- ⌚ MONDAYS &  
WEDNESDAYS 9AM
- ⌚ SATURDAYS 5PM
- 📍 ASHTARI YOGA

It's a dynamic class. Perfect for you who needs to move. It can be a slow flow or a fast flow depend on the teacher. But you will not expect holding poses in this class. Each pose will be visited maximum 5 breath. You will be linking one inhalation one movement, one exhalation one movement. It's a good practice for your cardiovascular. The theme of the class will be defined by the teacher (hips, legs, trunk, shoulders, etc) but also adaptable to the student needs (best is to come earlier to consult with the teacher) Generally class 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, savasana.

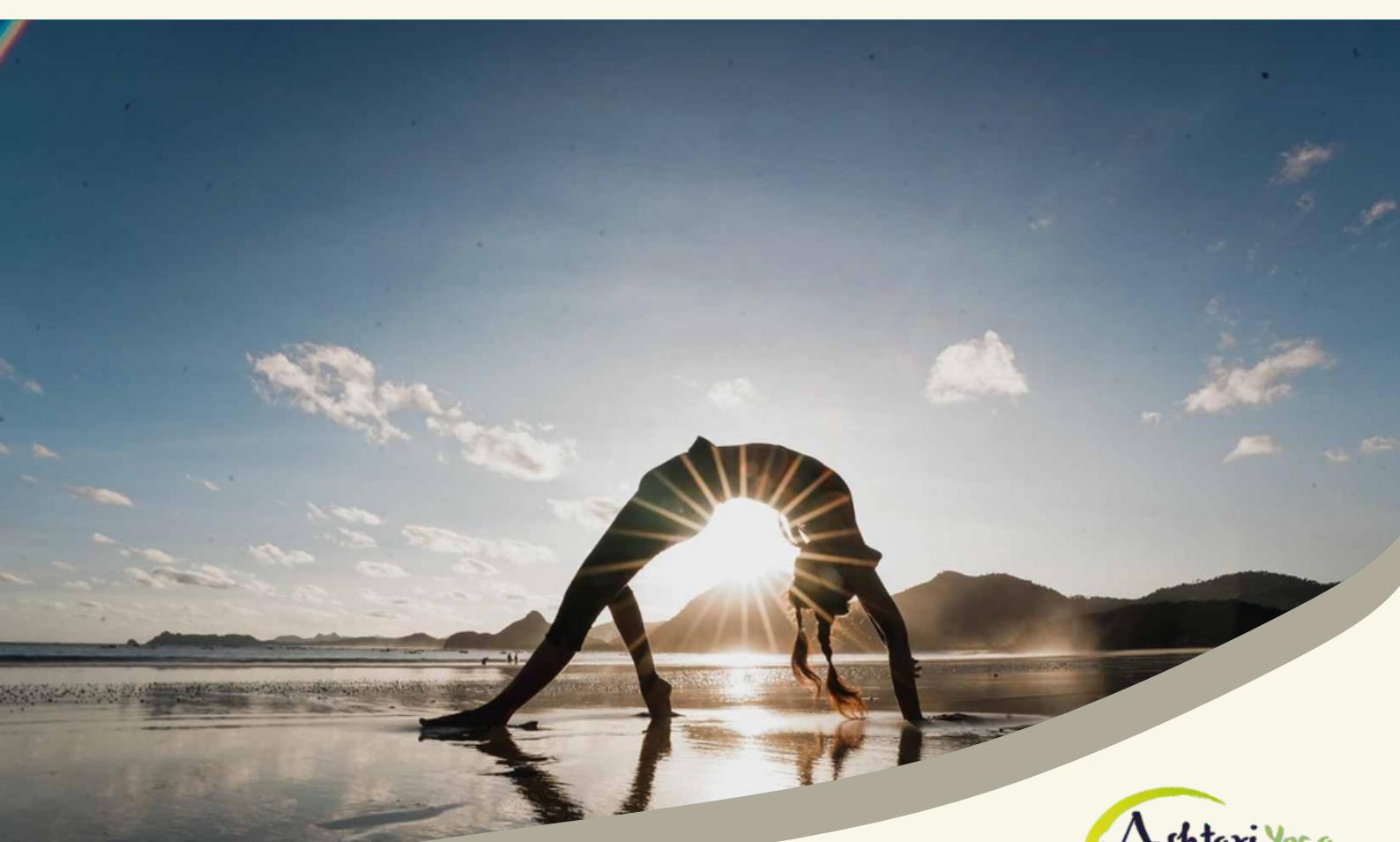
Breath work for morning class we will develop Kapalbhati pranayama in the beginning of the class to energize. For afternoon class we develop Nadi Shodhana Pranayama close to the end of the session to get relax.

Short meditation can be done in the beginning or at the end of the class.



# VINYASA FLOW

## ENERGIZING



BY :  
KRISNA DEWI  
FROM BALI , INDONESIA

⌚ TUESDAYS &  
FRIDAYS 9AM  
📍 ASHTARI YOGA

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

# CORE STRENGTH VINYASA

## ENERGIZING



BY :  
KRISNA DEWI  
FROM BALI , INDONESIA

🕒 THURSDAYS 9AM

📍 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

