

YIN YOGA

RELAXING



 MONDAYS, 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.



RESTORATIVE YOGA

RELAXING



 THURSDAYS 5PM

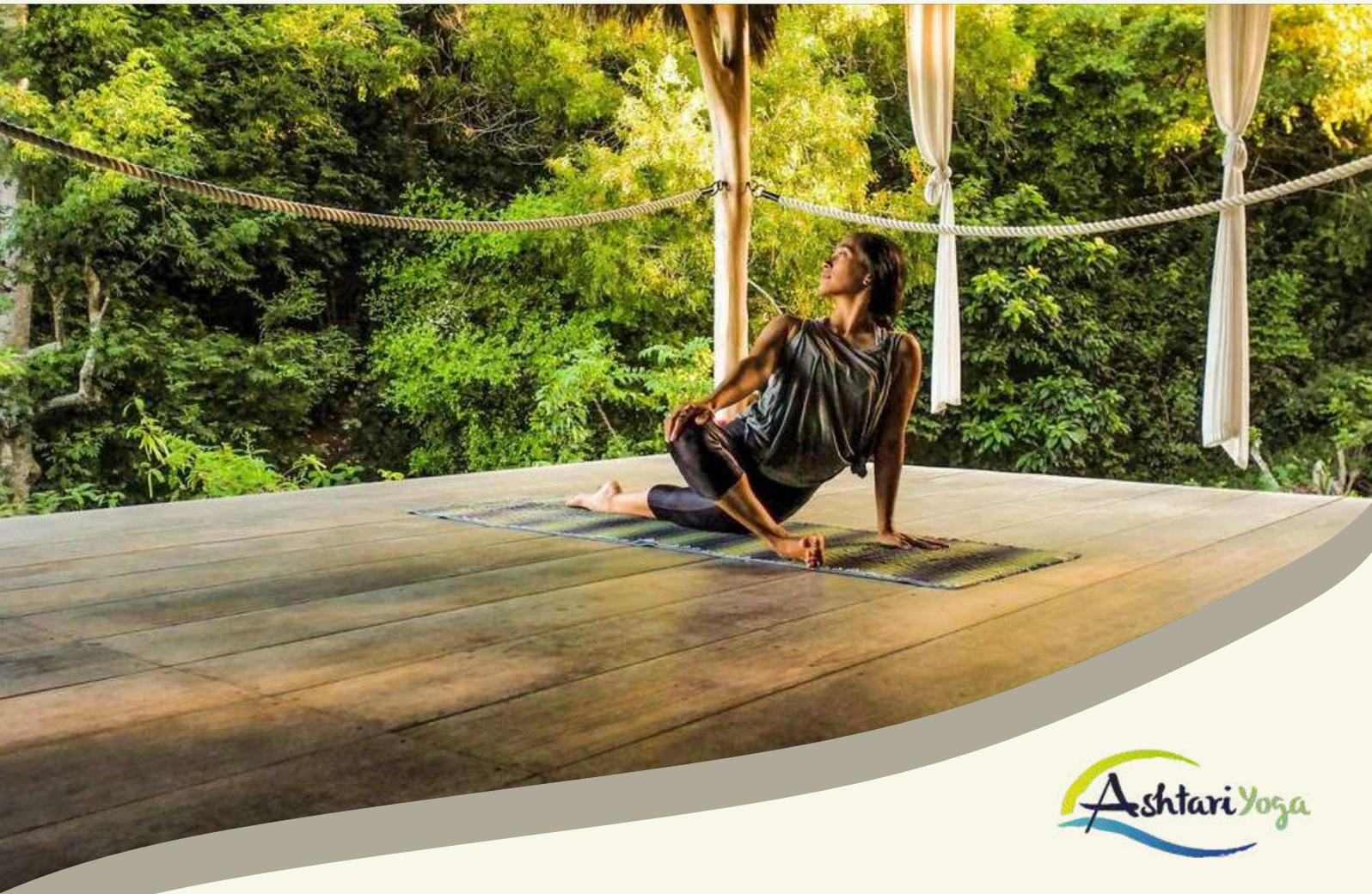
 ASHTARI YOGA

Restorative Yoga sessions allow the body to slow down and relax in a small number of asanas. Each pose is held for longer than in conventional classes, sometimes for twenty minutes, so a session may consist of only four to six asanas. The long holding of poses is often assisted with props.

Restorative yoga helps to combat the physical and mental effects of everyday stress, and eases common ailments such as headaches, backaches, anxiety, and insomnia with the use of restful poses and deep breathing techniques.

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 Kapalbhata pranayama in the beginning of the class to energize. For afternoon class we develop Nadi shodana 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



 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 FLOW

ENERGIZING



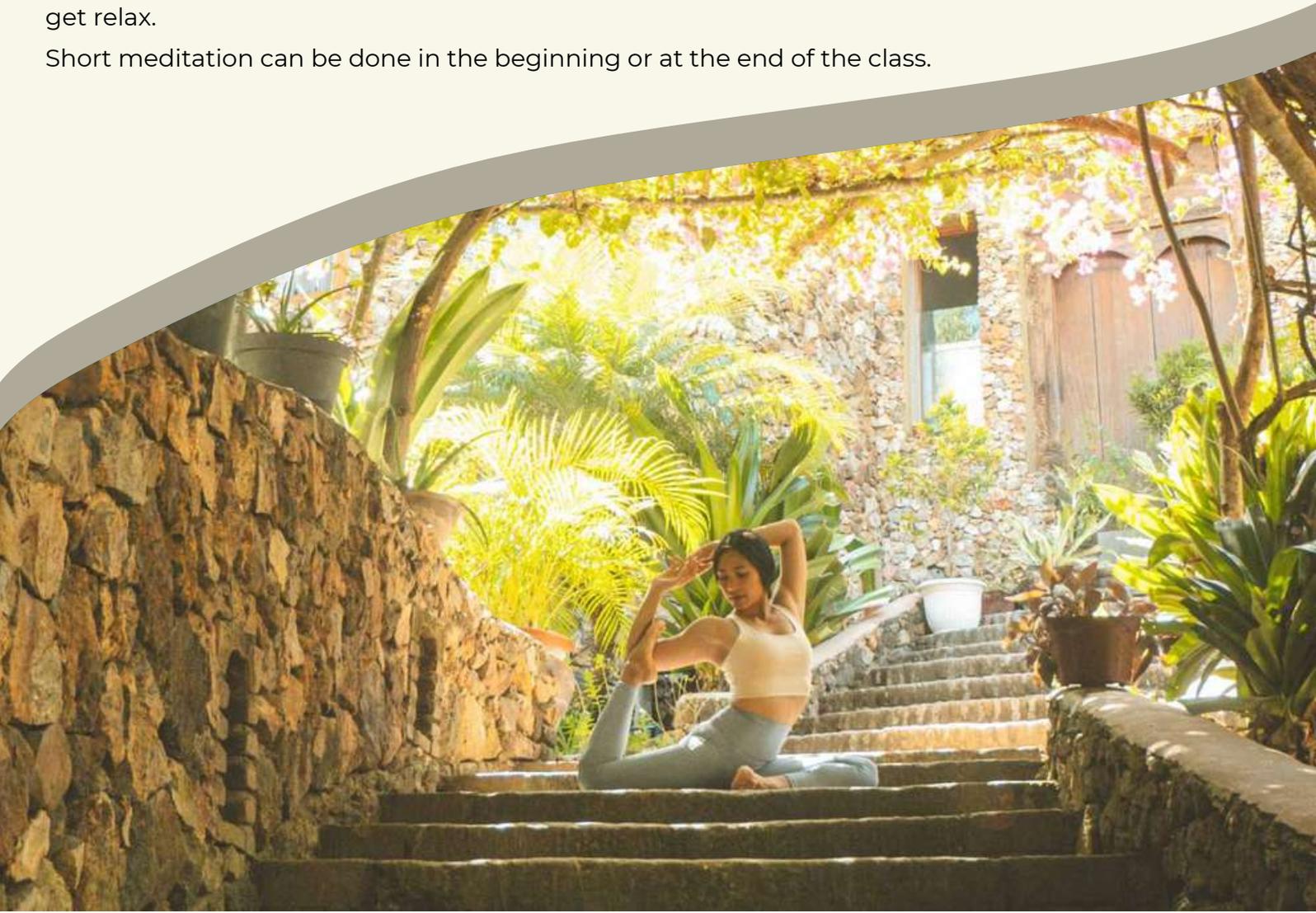
 MONDAYS, WEDNESDAYS,
THURSDAY 9AM
SATURDAYS 5PM

 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 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, savasana.

Breath work for morning class we will develop Kapalbhathi pranayama in the beginning of the class to energize. For afternoon class we develop Nadi Shodana 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.



CORE STRENGTH VINYASA

ENERGIZING



 TUESDAYS & FRIDAYS 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

