

CORE STRENGTH



By :
Almitra & Free

🕒 Monday
Thursday
📍 Ashtari Yoga

Want to feel more energized and stable?

If you like to work hard and challenge yourself, building up a journey toward arm balances, standing balances, inversions. We hear you! It is a fun class! Many drills, and partner works to train your tightness, alignment, balance. The poses and the breathwork that we are doing in this class is to wake up our third chakra, the freedom to act, we will build up the fire energy in our solar plexus region. it can boost your body's natural ability to burn fat. Enhance digestion and metabolism. Elevate your mood and confidence.

Core strength exercises in this class strengthen your core muscles, including your abdominal muscles, back muscles and the muscles around the pelvis. These are the group of muscles that stabilizes and controls the pelvis and spine.

HATHA VINYASA

By :
Almitra

🕒 Monday
Saturday

📍 Ashtari Yoga

Health is wealth. Peace of mind is happiness. Yoga shows the way. This class is using Hatha Yoga principles combined with the Vinyasa technique. All levels are welcome, and perfect for beginners.

In this Chakra Balancing class, you will get the full yoga experience from kriya (cleansing), breathing techniques, 3 locks awareness, warm up, 12 basic postures, pranayama, and meditation. A complete yet simple class that prepares you for a self-practice journey.

In the morning class, we will develop the Kapalbhathi pranayama at the beginning of the class as part of kriya. For the afternoon class, we develop alternate nostril breathing to close to the end of the session to get relax. Short meditation is done at the beginning and at the end of the class.

Learn the technique in class, and take the practice with you



YIN YOGA MEDITATION



🕒 Monday
Friday

By :
Almitra

📍 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 better flexibility. And great practice for everyone who wants to learn to breathe properly and improve focus.

In this class, we incorporate principles of Traditional Chinese Medicine with asanas (postures) that are held for longer periods of time than in other styles. As you hold posture you will feel open as you do a self-massage using the acupressure concept. By doing a self-massage we will release blockage in our energy channel / meridian lines. 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 can gain the strength to solve life issues.

ACTIVATION FLOW

By :
Free

🕒 Wednesday
Saturday
📍 Ashtari Yoga

Ready to take your practice to a multidimensional level?

The activation flow is a session for everyone, in which we open the awareness of the self through body, mind and energy. Inspired and combining hatha and vinyasa sequences, this session will slowly prepare your body for a perfect day.

Physical postures (“āsana”) are the keys, and conscious breathing (pranayama) along with concentration (“dhāraṇā”) are the doors that lead you to a sweet and harmonious state, combining hatha, vinyasa and shamanic Yoga styles.



VINYASA ASHTANGA



🕒 Tuesday
Friday

📍 Ashtari Yoga

By :
Almitra

We share the belief that a flexible and healthy body is the basis for developing spirituality. 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 options as necessary.

In this class, we will learn postures by using the vinyasa technique (synchronization of breathing with movement) the ujjayi breathing technique (ocean sound breathing), the bandhas (energetic locks), and the “drishtis” (focal points). These elements help the practitioner to concentrate and increase energy throughout the practice

YIN SOUND BATH



🕒 Tuesday
Saturday

By :
Free

📍 Ashtari Yoga

A slow-paced practice that facilitates a meditative state through postures that are held for longer periods of time than usual (1 - 2 minutes), easing them with support equipment such as blocs, straps and bolsters, along the vibratory healing effect of singing bowls, rain stick, voice, etc.

Perfect to restore the body and quiet the mind after a long day of activities, "Yin Sound Bath" will allow you to inwardly turn the attention, alleviating soreness and agitation. Bring balance to your energy and welcome the refreshing feeling of connecting with your own nature.

SURFERS RECOVERY

By :
Almitra

🕒 Wednesday
Sunday

📍 Ashtari Yoga

Relax and recharge with our surf recovery yoga class. Carefully constructed, this program is specifically for post-surf recovery. To help you feel relaxed and reduce sore muscles after your big session.

Releasing tension from your neck, back, and shoulders that are caused by your 2-3 hours surfing session. Improving your balance on board, helps you to bring balance to your hips which can help prevent knee injuries in surfing. This class includes breathwork training for surfers. You will be able to confidently manage your breathing while you caught in the washing machine or practicing duck dive.

Better posture, better breathing, better feeling.



YIN YANG



 Wednesday

By :
Almitra

 Ashtari Yoga

The class consists of philosophy talk, posture exploration, breathwork, and meditation. Provides physical, mental, emotional, and energetic benefits and, for some, spiritual. Which benefits you enjoy will depend greatly upon your intention when you practice.



How you practice is just as important as what you do in your practice. There is a yin aspect to life and a yang aspect. There is a yin way to practice yoga and a yang way that goes beyond the actual movements and postures employed in a yoga session.

Yin is yielding, allowing, and nourishing. even within an active, sweaty yang practice, we can adopt a yin sensitivity that will help us gain much more from our yoga practice. even within an active yang lifestyle, we can adopt a yin awareness and acceptance that will help us gain contentment in our lives.

You will experience both! How to enjoy yin and yang at the same time. Posture-wise, we will do holding the floor positions first, then gradually practice

BREATH OF LIFE

By :
Free

 Tuesday
Sunday
 Ashtari Yoga

The words "spirit" and "inspiration" come from the same Latin root: "breathe or to breathe". And that is just our intention, we breathe to nurture our spirit and feel inspired.

During this unique class you will learn ancient breathing techniques inherited from the Yoga tradition (pranayama), combined with modern breathwork modalities. All this to enhance your experience and empower yourself in a peaceful way, while at the same time exploring body movements that facilitate better breathing and therefore better health in the long term.

Breath work for the morning class, we will develop energizer breathing such as Kapalbhathi, Bhastrika, etc. For the afternoon class, we develop relaxing pranayama close to the end of the session to get relax. Short meditation can be done at the beginning or at the end of the class.



VINYASA FLOW



By :
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This is a fluid and energizing practice to open and strengthen your body and mind. You can expect to work on strength and endurance as well as flexibility in this well-balanced yoga class. Vinyasa is defined as a step-by-step linking of one posture to another smoothly and safely. We will do a full class dynamically, linking the breath and the movement. Good for your cardiovascular. The special theme of the class will be defined by the teacher (functionality, chakra balancing, energetic healing, etc.)

In one session you can expect to get a general warm-up, specific warm-up, standing positions, standing balance positions, arm balance positions, inversion positions, Abdominal core practice, backbend positions, standing positions, seated positions, lying supine positions, pranayama, meditation, “savasana”.