

# 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.



# ADVANCED VINYASA FLOW



By :  
Free

 Thursday

 Ashtari Yoga

Looking for a deeper approach? This is a session for practitioners that have integrated basic practical understandings of the Yoga practice, such as drishti, bandhas, asana alignment and pranayama, which are consciously applied through the constant flow of the class.

For us, an advanced practice means the continuous embodiment of the 8 limbs of Yoga, which goes beyond just performing apparently complex postures. So come and go deeper in your journey!

# BACKBEND BLISS



 Wednesday

 Ashtari Yoga

By :  
Almitra

Delve deep into backbending with our signature class, blending yin yoga and vinyasa techniques. Regardless of your experience, discover tools to navigate the physical and emotional aspects of backbends safely.

These poses counteract daily habits like texting and sitting, providing a healing and balancing effect. Embrace Almitra's unique approach, combining yin yoga for connective tissue opening and vinyasa for muscle integration. This class enhances hip and spine mobility, flexibility, and strength through intelligent sequencing, fun transitions, and the use of props.

Expect a playful practice suitable for all levels, offering benefits such as improved flexibility, posture, energy, confidence, heart opening, breathing, and digestion. Join us for a fun and informative journey into the transformative power of backbends.

# BAMBOO STRETCH & STRENGTH



 Tuesday

By :  
Free

 Ashtari Yoga

Embark on a rejuvenating journey with our innovative session, designed to re-discover yourself while enjoying every moment! This unique approach incorporates a bamboo stick, seamlessly blending balance, strength, stretch, and myofascial release into your yoga practice. As you engage with the bamboo, you'll embrace its two primary qualities: strength and flexibility.

Discover a harmonious integration of nature and yoga, fostering a sense of grounded strength and supple flexibility. Join us for a transformative experience that goes beyond the mat, harnessing the resilient spirit of bamboo to enhance your physical and mental well-being.

# BREATH OF LIFE

By :  
Free

 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.

In this class, we will develop energizer breathing such as Kapalabhati, Bhastrika, etc. Short meditation can be done at the beginning or at the end of the class.



# CORE STRENGTH



By :  
Almitra & Free

🕒 Monday  
Friday

📍 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.

# DETOX FLOW

By :  
Almitra

 Sunday

 Ashtari Yoga

Revitalize your health with our transformative detox vinyasa class, a pathway to a happier, healthier you! Guided through dynamic breath-linked movements, focus on deep twists, side bending, and hip opening to restore balance and eliminate negative influences.

This sequence promotes optimal blood and energy flow along key meridians, supporting toxin removal from vital organs such as the lungs, liver, and kidneys. With an emphasis on proper breathing techniques, our class activates the Parasympathetic state, crucial for effective detoxification.

Explore meditation for relaxation and positive thinking, unlocking the power of self-healing to enhance the detox process. Learn to release physical, mental, and emotional waste by tapping into the energy of apana. Join us on this liberating journey towards a rejuvenated and healthier lifestyle



# 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 close to the end of the session to get relaxed. 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 :)





# 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 are caught in the washing machine or practicing duck dive.

Better posture, better breathing, better feeling.



# VINYASA ASHTANGA



 Tuesday  
Thursday

 Ashtari Yoga

By :  
Almitra & Free

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, Thursday &  
Saturday

📍 Ashtari Yoga

By :  
Free

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.

# YIN YOGA MEDITATION



 Monday  
Friday

 Ashtari Yoga

By :  
Almitra

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.