

Here's how to choose the right class for you.

We have grouped our classes based on how you want to feel at the end of the practice. All our classes are suitable for both beginner and advanced practitioners, so pick a class based on outcome, come along and give it a go.



I WANT TO FEEL **RESTFUL / RELAXED**

TRY... Slow Flow to Yin, Yin Yoga, Breathe and Flow, Restorative Yoga or our regular Soundbaths



I WANT TO FEEL **ENERGISED / STRONG**

TRY... Ashtanga, Rocket, Functional Flow, Strength and Stretch



I WANT TO FEEL **BALANCED/REVITALISED**

TRY... Evening Flow, Pilates, Anusara Elements, Vinyasa

MON	TUE	WEDS	THURS	FRI	SAT	SUN
6.30-8am Ashtanga Self Practice (S)		6.30-8am Ashtanga Self Practice (S)		6.30-8am Ashtanga Self Practice Raili (S)	7.15- 9.15am Ashtanga Self Practice (S)	
9.30- 10.30am Ashtanga 1 hr Katia (S,O)	12.15-1pm Strength + Stretch Katia (S,O)			12.15-1pm Breathe and Flow Katia (S,O)	9.30- 10.30am Anusara Elements Lorena (S,O)	9.30- 10.30am Vinyasa Helen (S,O)
6.15- 7.15pm Functional Flow Yulia (S,O)			5.15-7pm Ashtanga Self Practice (S)			
7.30- 8.30pm Pilates Yulia (S,O)	6-7pm Evening Flow Jo (S,O)	6.15- 7.15pm Rocket Helen (S,O)	6.15- 7.15pm Pilates Class Yulia (S)	6.15- 7.30pm Yin Yoga Lorena (S,O)		5.30- 6.30pm Restorative Yoga Somita (S,O)
	7.15- 8.30pm Ashtanga 1/2 led Katia (S,O)	7.30- 8.30pm Slow Flow to Yin Helen (S,O)	7.15- 8.30pm Ashtanga 1/2 Led Katia (S,O)			

O = Online Class S = In Studio Class

Class descriptions:

YOGA READING



RESTFUL / RELAXED

Slow Flow to Yin

This class will encourage us to connect with our breath using gentle movements to open and lubricate hips and shoulders increasing mobility and working on softening fascia.

We will then come to the ground to work on some longer Yin holds to fully relax the mind and body.

Yin Yoga

While a dynamic yoga practice focuses on the muscles, yin yoga focuses on the connective tissues, such as the ligaments, bones, and joints of the body that normally get less attention during a more active Asana practice. Suitable for almost all levels of student, yin yoga is a perfect complement to a dynamic (yang) practice such as ashtanga which focuses on heat building and purifying and muscle strengthening and lengthening.

In this class we add multiple props (blankets, bolsters and blocks) to support the body and create a restorative experience.

Restorative Flow

Restorative flow is informed by yoga and mindfulness techniques that enhance both emotional and physical well-being.

This class will leave you feeling restored and grounded so that you are ready for the week ahead

Suitable for all levels of practitioner.

Soundbath (Every 6 weeks or so)

Come and feel the deep relaxation and stress relieving effects of a therapeutic Sound Bath.



ENERGISED / STRONG

Ashtanga

(we have different versions of Ashtanga Yoga on offer as follows):

Ashtanga Half Led

Our led ashtanga led classes take students through the first half of the Primary Series so they can experience this dynamic, flowing practice, characterised by its use of the 'vinyasa', or a 'special link', which connects each posture to the next in one smooth movement, in synchronisation with the breath.

This marriage of breath and movement is the essence of the ashtanga practise.

While ashtanga is often seen as a more dynamic, challenging form of yoga, in reality anybody with an average level of fitness can do it. With practice the strength and flexibility will come.

Ashtanga Yoga 1 hour

These classes are a one hour Ashtanga Yoga class led by the teacher. Each class will give an explanation and breakdown of technique using the sequence.

These classes are a great way to wake your body up and improve your flexibility. Suitable for everyone.

Ashtanga Self Practice

Ashtanga self practice is a self paced yoga class where you work in relationship with your teacher.

The student practises at his or her own pace with guidance and support from the teacher. This is a great way to learn Ashtanga Yoga, and the perfect starting point for beginners.

Rather than being led through the sequence, you will be aided in memorising the poses over time, cultivating a consistent practice, and practicing independently. New poses will be added gradually.

Please note we have Beginners to Self Practice sessions available for those who want to learn this style of yoga (Sign up to 4 classes within a month)

Ashtanga Full Led (Every 6 weeks or so)

This is a guided class through the entire primary series of Ashtanga Yoga.

This is a super dynamic class, not suitable for beginners..

Rocket

A dynamic class drawing on Rocket and mandala vinyasa. Both these styles draw on ashtanga tradition, "remixed" to make more "advanced" postures more accessible. A strong emphasis on breath and drishti (focus) as tools for meditation is balanced with freedom to explore and play. Suitable for adventurous beginners through to experienced yogis.

Functional Flow

This is a general level classes and is suitable for anyone who wants to move with more ease. Classes focus on increasing mobility and strength in approachable ways. It is a perfect compliment to any fitness regime or to add to your existing yoga practice.

This class will incorporate joint mobility, yoga postures and strength work and will always include a well deserved relaxation.

Strength and Stretch

These classes are a fantastic blend of strength training and stretch work.

During the class we will break down a strength technique, working on form and understanding of the movement. We then weave it into our yoga flow gaining an understanding of how strength and flexibility complement each other.



BALANCED/REVITALISED

Evening Flow

A fun flow class using vinyasa yoga at its heart with lots of options to help you develop your own enjoyable yoga practice.

Sometimes we will focus on flowing with the breath, sometimes on strength or a peak pose or sometimes around a theme.

Pilates

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility.

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

No prior Pilates experience required to join this class. Everyone is welcome

Anusara Elements

Anusara Elements™ Yoga is based on the Hatha yoga tradition and the tantric tradition of intrinsic goodness and focuses on physical and emotional alignment.

Every class has a carefully designed contemplation point or heart-centred theme.

Vinyasa

A dynamic flowing class, with sequences often progressing (krama vinyasa) or working towards a peak posture. These sessions are suitable for anyone who enjoys moderate to strong, flowing sequences, moving with breath and exploring a few challenges. The invigorating flow closes with some restorative holds and relaxation (savasana).