YOGA
READING

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

Our classes span a range of styles of yoga and complementary practices. We aim to offer something for everyone and warmly encourage you to try different classes to find your fit.

The class descriptions below are intended as a guide based on how you would like to feel at the end of the practice, so pick a class based on your energy needs, come along and give it a go.

I WANT TO FEEL **RESTFUL / RELAXED**
TRY... Unwind and Restore, Yin Yoga, Better Breathing, Restorative Flow or our regular Soundbaths

I WANT TO FEEL **ENERGISED / STRONG**
TRY... Ashtanga, Dynamic Vinyasa, Functional Flow, Strength and Stretch

I WANT TO FEEL **BALANCED / REVITALISED**
TRY... Evening Flow, Pilates, Anusara Elements, Vinyasa

We also offer bespoke classes to support your practice in pregnancy and post-partum.

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 (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)	**10;30-11:30** Mum and Baby Jo (S)		**12-12.45pm** Better Breathing (Pranayama) (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)		**5.15-7pm** Ashtanga Self Practice (S)	**1-1.45pm** Iyengar Inspired Yoga Megan (S,O)	**10:45-11:45am** Pregnancy Yoga (S)	
7.30-8.30pm Pilates Yulia (S,O)	**6-7pm** Evening Flow Jo (S,O)	**6.15-7.15pm** Dynamic Vinyasa Helen (S,O)	**6.15-7.15pm** Pllates Class Yulia (S)	**6.15-7.30pm** Yin Yoga Lorena (S,O)		
	7.15-8.30pm Ashtanga 1/2 led Katia (S,O)	**7.30-8.30pm** Unwind + Restore Helen (S,O)	**7.15-8.30pm** Ashtanga 1/2 Led Katia (S,O)			

O = Online Class S = In Studio Class

Class descriptions:

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PRE- AND POST-NATAL

Yoga for Pregnancy

These classes offer a space for mums-to-be to breathe, move and connect with their babies. We want to help you feel empowered to care for your health and wellbeing during pregnancy, prepare for labour and learn tools to support you in post-partum. All in a friendly, welcoming environment where you can meet others going through this special stage of life.

Suitable for expectant mums from 12 weeks pregnant to term.

Mum and Baby yoga

Join us in a friendly, nurturing space to come and move, breathe, meet other mums and bond with your baby. Each class is designed to support your postpartum recovery, build strength, soothe aches and pains, while connecting with your baby. We want to help you feel relaxed and confident in your body and in yourself as a mum.

Suitable for mums with pre-crawler babies from 6 weeks post-partum.

RESTFUL / RELAXED

Unwind and Restore

Your midweek opportunity to soothe and reset your nervous system. An hour of gentle, mindful movement combined with supported rest to give body and mind a gentle timeout. Each practice draws on a diverse toolkit including breathwork, acupressure, meditation, qigong, nervous system protocols, yoga nidra and restorative yoga.

Suitable for all. You can expect to leave feeling calm and re-energised.

Better Breathing (Pranayama)

A mindful lunchtime class designed to settle the mind and body through breathwork. The class is taken seated or lying down and incorporates gentle movement and stretching to help open the chest and lung space.

Suitable for all. If you are joining online, a bolster or cushions may help you find a comfortable position.

Yin Yoga

A slower-paced, contemplative style of yoga, designed to improve flexibility and joint mobility. Poses are held for longer periods (often 3-5 minutes), using props to support the body and create a restful experience. It is a perfect complement to more muscular and warming focus of dynamic (yang) yoga practices.

Suitable for almost all levels.

Restorative

Our Restorative class is informed by yoga and mindfulness techniques that enhance both emotional and physical wellbeing. This class will leave you feeling restored and grounded, ready for the week ahead.

Suitable for all.

Soundbath (Every 6 weeks or so)

Experience the deep relaxation and stress relieving effects of a therapeutic sound bath. This immersive practice is usually experienced lying down, using props to find maximum comfort.

Suitable for all.

ENERGISED / STRONG

Ashtanga

Ashtanga yoga is dynamic practice, characterised by its use of a 'vinyasa' which connects each posture to the next in one smooth movement in synchronisation with the breath.

Every class follows the same structure and movement sequence, known as the 'Primary Series', so that students become familiar with the practice and can work towards practising independently. While Ashtanga is often seen as a more challenging form of yoga, in reality, anyone with an average level of fitness can practise. With time, the strength and flexibility will come.

We offer a range of Ashtanga class formats to support you in developing your practice:

→ 1 hour class
Our most accessible guided Ashtanga class. A great way to wake your body up and improve your flexibility, while building your knowledge of the Primary Series.

→ Half Primary Led class
Our teachers lead you through half of the Primary Series, moving together in time with the breath. You will experience standing, seated and finishing poses including backbends, shoulder stand and headstand. Modifications are offered for beginners.

→ Full Primary Led class (Every 6 weeks or so)
This is a 90-minute guided class through the entire Primary Series. It is the most dynamic Ashtanga class we offer and is not suitable for beginners.

→ Self Practice
A self-paced yoga class. Everyone works through the Ashtanga sequences at their own pace, with guidance from the teacher who will support you in memorising the poses over time and cultivating a consistent and independent practice. You can arrive at any time during the session (up to 45 mins before the class closes), and practice as much of the sequence as you know.

Suitable for all levels. Familiarity with the sun salutations and the first few standing postures of the Primary Series will be helpful to get you started.

→ Beginners Self Practice (45 mins)
For those new to self practice, we offer a one-month Beginners Self Practice pass. This allows you to attend 4 beginners' sessions, (which are within the Self Practice time-slots), where our teachers will support you in learning the first part of the sequence so you are ready to join the general Self Practice sessions.

Dynamic Vinyasa

A warming open-level class for yogis who enjoy a bit of a challenge! We move in time with the breath, mindfully incorporating strength drills and a sense of curiosity and play as we explore different postures and transitions. This class allows time to unpack and refine more "adventurous" poses such as arm balances, inversions and backbends and our reactions to them.

Suitable for eager beginners through to experienced yogis.

Functional Flow

Functional flow is designed to improve mobility and develop strength in accessible ways. Each class incorporates joint mobility, yoga postures and strength work and ends with a well-deserved relaxation. It is a perfect complement to any fitness regime or to add to your existing yoga practice.

An all-levels class, suitable for anyone who wants to move with more ease.

Strength and Stretch

These classes focus on building strength to support your yoga practice. Each class breaks down a strength technique, working on form and understanding of the movement. We then work though

a circuit of movements and resistance exercises using mixture of handheld weights and body weight.

Suitable for beginners through to more advanced students. If you are joining online, our teacher will give options based on equipment you have available.

BALANCED/REVITALISED

Evening Flow

A fun, flowing class using vinyasa yoga at its heart with lots of options to help you develop your own enjoyable yoga practice. Sometimes we focus on flowing with the breath, sometimes on strength or a peak pose or sometimes we practise around a theme.

Suitable for all.

Pilates

Our mat-based Pilates classes focus on developing strength, stability, posture, breath control, and flexibility. Expect to work all muscle groups, balancing strength and flexibility, with an emphasis on challenging the core muscles with each movement.

An all-levels class. No prior Pilates experience is required to join.

Weekend Wake-up with 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 and makes for a beautiful start to your weekend.

Suitable for all.

Vinyasa

A flowing class, using sequences designed to improve movement quality and awareness, while supporting the nervous system. Each session begins with some gentle somatic awareness before moving through a themed flow, exploring creative transitions and 'movement puzzles', and closing with some longer holds and deep relaxation.

An open level class, suitable for anyone who enjoys mindful flow and movement exploration.