

ASHTANGA

Created by Sri K Patthabi Jois in India, this is a system based on a set sequence of postures that gradually warm up the body, combined with controlled breath, ultimately taking the practitioner through a journey of self discovery and self discipline. Mysore is the way the Ashtanga practice is taught, where students arrive within the time window established and practice at their own pace. Each student will be individually guided by the teacher. Usually there is no music, which allows for very a very meditative and focused practice. Once a week, there is a guided practice, called either Half Primary or Full Primary depending on how much of the sequence is done.

CHAIR YOGA

Uplifting, fun guided practice by an experienced and especially trained instructor. Yoga postures are done with the support of a sturdy chair. The chair is used as a prop, either by sitting on it or by using it for support. Practitioners benefit from the practice of specific yoga postures and the yogic breathing. A deep relaxation is offered at the end of class. This class is great for practitioners with any type of mobility issue or challenge.

KIDS YOGA

Fun and challenging to keep the kids involved and interested, this class is wonderful for kids ages 5-11 where they will learn postures, breathing, mindfulness and stillness. They leave the class with a peaceful mind and heart and also exhausted!

KUNDALINI

Brought to the West by Yogi Bajan, Kundalini yoga offers its own sets of postures combined with breath and mantra, called kriyas. Postures are challenging in themselves and powerful. This practice is meditative in quality and challenging for the body and mind.

MEDITATION & YOGA NIDRA

The instructor guides the students slowly and easily through an inner journey where they are able to calm the thinking mind achieving a state of relaxation and clarity. Yoga Nidra is also referred to as yogic sleep, where the practitioner is awake and conscious but relaxed. This is also guided.

VINYASA & POWER VINYASA

Vinyasa is based on the Ashtanga-Vinyasa lineage. Breath is joined by movement in a flow of postures that begin with warm up, Sun Salutations, standing postures and seated and closing postures. This class is guided by the instructor, while all practitioners follow. It is challenging and fun style, while it is meditative too. A beautiful rest time, savasana, is offered at the end.

STRETCH & RESTORE

Yin is type of yoga where deep stretch is achieved through static postures, usually done with the help of bolsters, blankets, blocks and straps. It restores our levels of relaxation and allows the body to surrender and alleviate stress, both physically, mentally and emotionally.

YOGA BASICS

This is a vinyasa based practice where there is a gradual warming up of the body, posture by posture, flowing with breath. However, this is slower than a regular open level vinyasa class and there is more focus on proper alignment and refinement.