

Vinyasa Flow - suitable for all levels from beginner through to advanced

Vinyasa yoga, is a term that covers a broad range of yoga classes, in which movement is synchronized to the breath. This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana (physical practice), we can interpret this as a connection between movement and breath.

Power Yoga – beginner to advanced level

Power yoga is a type of vinyasa that focuses on building strength whilst maintaining fluid movements throughout the practice. Some postures are held for a time to build muscle, whilst the focus remains on the breath, so the mindfulness component is incorporated. It is well balanced between strength and stretch so you will feel invigorated by the end of the practice.

Ashtanga Yoga – intermediate to advanced level

Ashtanga yoga is a dynamic, fast-paced, challenging series of sequential poses linked together by *ujjayi* breath (a specific breathing technique that sounds like that of Darth Vader) and a flow of postures called *vinyasas*. It is a heat-producing, detoxifying, and flowing practice that creates strength and flexibility and increases stamina.

It is extremely popular world-wide and is a more vigorous, athletic style of practice. It tends to appeal to those who like a sense of order as the classes are in a set sequence. This class will however be a modified 1 hour version as the full version takes anywhere from 1.5-2 hours to complete the entire practice.

Beginners Hatha Yoga – beginner level

Hatha is most often used to describe gentle, basic classes with no flow between poses. A hatha class will be a slow-paced stretching class with some simple breathing exercises. This is a good place to learn beginners' poses, relaxation techniques and become comfortable with yoga.

Many people try a hatha class and love the relaxed feeling; others decide that yoga is too slow and meditative for them. If you fall in the latter category, try vinyasa next time for a different experience.

Yin Yoga – beginner through to advanced level

Yin poses are derived from traditional yoga poses although are held for extended periods of time, greatly increasing your stretching potential. In Chinese philosophy, the yin yang symbolizes the duality and interdependency of the natural world. Things that are yang are moving, changing, and vigorous. In contrast, things that are yin are still, static and calm. Most western yoga practices have evolved into

being very yang- lots of movement, with an emphasis on stretching the muscles. Muscles are yang, while connective tissues like tendons and ligaments are yin. In contrast, yin focuses on relaxation within the stretched, held postures.

This class also focuses on stillness within the mind, making it a great relaxing way to finish the day. In stillness we awaken to a greater awareness of what is and not being so caught up in thoughts of what was and what will be.

Long Slow Deep (LSD) – intermediate to advanced level

LSD is the power yoga of the yin yoga, especially created to synergise and balance out a stronger power yoga practice. It has the long holds like yin, however, also includes some more challenging postures. It is recommended to do monthly or fortnightly and over time you will notice dramatic improvements in flexibility in your regular yoga practice.

Restorative Yoga – beginner to advanced level

Restorative yoga is next level relaxation, where you are put in postures supported by blankets and bolsters so that you are being rejuvenated throughout the class. It is a perfect way to counteract a hectic and stressful day as it allows you to let go and deeply release, helping you to move into a relaxed state and away from tension, anxiety and fight-or-flight responses.

Yoga Nidra – beginner to advanced level

Yoga Nidra is an ancient Yogic practice, also known as yogic sleep. It is a guided relaxation, visualization and meditation designed to move you very quickly into deep restoration. It is said that 1 hour of yoga nidra is equivalent to 3 hours of deep sleep! In the practice you are lying down and the exercises help you move into a semi-hypnotic state, somewhere between being awake and being asleep.

The theory behind yoga nidra is that it works on something called our body of energy or life force. In India this energy is known as prana, and in China it is called chi. Yoga nidra also aims to enhance and balance this energy.

Mindfulness Meditation – beginner to advanced level

Mindfulness practices are derived from Buddhist traditions, often with a more modern flair. The focus is on the nature of the mind and bringing awareness onto how the mind is affecting moods and emotions. There is a large body of research demonstrating the benefits of these practices on many different conditions ranging from pain syndromes through to mental health issues.

Kids Yoga – any age

Is designed specifically to suit the age of the children, all the way through to teens!