

Class Descriptions

General Hatha Yoga

This class is aimed at those who have some experience in yoga. Although beginners are welcome, as a beginner you may find it too much too soon. The class includes Yoga asana, pranayama and meditation. During the class we will bring in elements of mindfulness- based approaches to yoga and show how they can greatly enhance individual practice.

Hatha Yoga Fundamentals

This class is aimed at those who wish to slow their practice down to enable insight to arise. The pace of the class is specifically created so that as a student you can start to experience the deeper energetic effects of the Asana and Pranayama. There is a lot of instruction and exploration of individual poses and we allow plenty of time for you to personally investigate each pose. This eventually leads to bringing physical strength, flexibility and mental balance to your individual practice. This class is ideal for beginners to yoga.

Restorative Yoga

Restorative yoga is often known as 'active relaxation'. The body is supported with props, therefore encouraging the body and the mind to relax and move toward balance. The props provide a supportive environment for total relaxation.

Specific sequences of poses are chosen to relieve the effects of chronic stress within the body and mind. The use of breathing practices within the sequence, add to the deepening sense of relaxation and rejuvenation. Restorative yoga is about cultivating energy rather than burning energy, something that we could all do with. In this way the mind is relaxed and the body rested.

Yoga Nidra

The Sanskrit word yoga means 'union' or 'one pointed awareness' and Nidra means 'sleep'. In yoga Nidra, the body, mind and intellect are completely relaxed and one appears to be sleeping but the consciousness is functioning at a deeper level. Yoga nidra is 'dynamic sleep' or in other words 'psychic sleep' in which you learn to relax consciously. In the deep relaxation state of yoga Nidra, the mind is in a state between sleep and wakefulness and its receptivity is many times more than its receptivity in wakeful state.

The practice is completed in a supine position enabling the body to relax. It is a guided meditation practice where you follow the instructions. Again as with restorative yoga this is a practice that cultivates energy and leaves you feeling relaxed and alert.