

Class Descriptions.

ASANA - Basic

For beginning students. Emphasis on developing movement, flexibility and stamina via the basic poses.

A variety of poses will be taught, including standing poses, seated twists, forward bends and back bends.

ASANA - Intermediate

For those with three or more years experience. Exploration of a range of asanas, including more complex poses and inversions.

PRANAYAMA:

For basic & intermediate students. Pranayama facilitates the flow of energy through the body by regulation of the breath and brings relaxation of the consciousness.

It is the gateway to meditation. Includes reclined breath work as well as exploration of seated pranayamas.