

Laurie Blakeney Workshop 2018

Class descriptions

ASANA - Basic

For beginning students. Emphasis on developing movement, flexibility, and inner awareness through a variety of poses.

ASANA - Intermediate

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

PRANAYAMA

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.

SUTRA & ASANA

Our practice has a deep philosophical foundation. In this class we will incorporate key ideas within the Patanjali Yoga Sutras while practicing asanas.

RESTORATIVE

This mode of practice is quiet and penetrating which calms the mind and strengthens the nerves. It brings greater serene awareness to the role of breath in our asana practice.