



Class Descriptions

STRONG

A fun flow yoga class that focuses on core stability and increasing flexibility throughout our bodies. Core strength will help you align your body, build up protection for your lower back and help you move more efficiently. A great class for those interested in fitness especially surfers, paddle boarders, runners and cyclists looking to stay strong and supple, as well as anyone else who is wanting the benefits of having a stronger core and bendier limbs! Classes finish with focus on the breath and relaxation to gather the benefits of the physical work. Suitable for all levels including those with an established yoga practice or a good level of fitness looking to combine yoga into their routine.

ENERGISE

In this vinyasa flow yoga class we combine movement with the breath to create an energising and detoxing flow. With a unique twist, classes are designed with the time of year in mind to support and strengthen our bodies inside and out through the seasons. By acknowledging the changing energies in nature and beginning to work with them, these classes help lower stress levels, promote health, flexibility, strength and a feeling of well-being. Suitable for all levels, however if you are relatively new to flow yoga it can be a good idea to try a few of our FOUNDATION classes or BEGINNERS COURSE before coming to ENERGISE to get a solid foundation into your yoga practice.

FOUNDATION

A slower paced class that focusses on correct alignment and getting the most from your yoga practice. There will be an element of flow between poses to warm and stretch out the body, encourage flexibility and increase mobility. We take the time to look at how the body should be aligned in stronger poses and offer options to modify depending on your needs. To end the class, guidance on breath control (pranayama) and relaxation will help to bring a sense of calm and well-being to the body and mind. Suitable for all levels including those new to yoga as well as being useful for students who want to step back from faster flow to work on alignment.

MELLOW

A soothing, candlelit Yin yoga class that concentrates on gentle stretching, hip opening and breathing to bring balance to the body with easy-going, relaxing postures. In this class we join the breath with each movement in a slow and gentle way, followed with breathing exercises and a guided relaxation (Yoga Nidra) to help lower any stress and make you feel like you have been wrapped in cotton wool.

Suitable for all levels and those new to yoga.

BEGINNERS COURSE

Our 6 week course is open to anyone who has never tried yoga before or those wishing to get back to basics. We will introduce you to the principles and techniques of flow yoga as well as learning a basic group of warm-ups, postures, breath awareness and deep relaxation. You will be taught safe alignment and proper breathing in each pose so that you can experience the benefits of yoga from the very first class. Courses need to be booked in advance and fill up quickly so please contact us for start dates and space availability.