

Mind and Body Descriptions

FREESTYLE FITNESS YOGA

Anyone taking part in this class can expect to improve their flexibility greatly in 8 weeks. You will learn how to identify the body's stabilising muscles and use them effectively and efficiently to improve your posture and move with more confidence. Totally suitable for beginners and less flexible people.

INTRO2PILATES (B)

This class is ideal for beginners or anyone revisiting the basic principles of Pilates. A well balanced flowing series of stretching and strengthening exercises will be taught slowly and precisely leading to a body which is less tense, yet strong and supple.

INTRO2YOGALATES (B)

This class is ideal for beginners or anyone wishing to revisit the basic principles of Yoga and Pilates. It's designed to provide a foundation of strengthening exercises in a calm, flowing class.

PILATES (B)

A well balanced and flowing series of stretching and strengthening exercises. It focuses on the deep muscles which support the spine and helps to develop a girdle of strength at the centre of the body. Pilates leads to a body which is less tense, yet strong and supple.

SCULPT PILATES (B)

Slow paced class focused on muscle toning, improving joint mobility and core stability. Using elastic bands to deliver even better results, this class is suitable for all fitness levels.

YOGA ASHTANGA

This class is ideal for people who have attended other styles of Yoga on more than one occasion and who have generally good flexibility. The emphasis is on fluidity and heat, using continuity to support them both. A challenging practice, leading to an intense deepening of concentration and internalisation.

YOGA ENERGY (B)

This class is the perfect way to get yourself going in the morning. Full of awakening and refreshing movements and poses Yoga Energy will leave your mind alert and your body invigorated ready to face the day ahead.

YOGA FLOW (B)

This is a more gentle form of yoga suitable for all levels. The poses are linked together to create flowing and calming patterns which are practised at a comfortable pace. Using various breathing techniques this class is perfect to decrease stress levels as well as calm your mind and body

YOGA HATHA (B)

This is the most accessible form of Yoga and is particularly good for those who are practising yoga for the first time. It includes poses, some dynamic movement, lots of posture work plus breathing and relaxation techniques.

YOGA HOLISTIC (B)

Yoga Holistic is a balanced, gentle practice ideal for those new to Yoga, returning from injury or even athletes who feel inflexible. It uses asana, pranayama and meditation techniques throughout the session.

YOGA MOTION (B)

A complete Yoga experience combining fluent asana practice, pranayama breathing and brief relaxation and meditation at the end of the session. Suitable for all levels.

YOGA PURE (B)

This class teaches the purest form of Yoga and teaches a strong foundation for other styles. Suitable for students of all levels.

YOGA POWER

A mixture of Power and Vinyasa Yoga. An intense but simple experience that flows step by step towards a goal (vinyasa karma) using the breath as a key and a guide. The emphasis is on alignment, re-structuring posture and increasing strength and flexibility. This class is not for the faint hearted and can be used as a stepping stone towards Yoga Ashtanga.

YOGA VINYASA/DYNAMIC

A synergy of mind, body and spirit. It focuses on body alignment through dynamic movement, involving set poses, sun salutations and breathing exercises. The structure of the class will allow you to practice and learn the poses at a comfortable pace, making sure your body is aligned correctly so that you can achieve optimum benefits.

(B) – suitable for beginners