

YOGA SCHEDULE

February 2020



SUN	MON	TUE	WED	THUR	FRI	SAT
						1 SIVANANDA YOGA INTENSITY: MODERATE
	3 STRENGTH FLOW INTENSITY: MODERATE	4 SURYANAMASKAR INTENSITY: MODERATE	5 PEAK POSE FLOW: PARIVRTTA SURYA YANTRASANA INTENSITY: HIGH	6 PRE-REGISTER DANDA YOGA INTENSITY: MODERATE	7 ASHTANGA HOT YOGA INTENSITY: HIGH	8 YIN YOGA WITH MEDITATION INTENSITY: LOW
	10 DETOX FLOW INTENSITY: MODERATE	PRE-REGISTER 11 BRICK YOGA INTENSITY: MODERATE	12 PEAK POSE FLOW: BHUJAPIDASANA INTENSITY: HIGH	13 TIBETAN RITES INTENSITY: MODERATE	PRE-REGISTER 14 SCULPT YOGA INTENSITY: HIGH	15 HIP OPENING DEEP STRETCH INTENSITY: LOW
	17 MOBILITY FLOW INTENSITY: MODERATE	PRE-REGISTER 18 WHEEL YOGA INTENSITY: MODERATE	19 PEAK POSE FLOW: ARDHA CHANDRA CHAPASANA INTENSITY: HIGH	PRE-REGISTER 20 AERIAL YOGA INTENSITY: MODERATE	21 PILATES INSPIRED YOGA INTENSITY: HIGH	22 RESTORATIVE YOGA INTENSITY: LOW
	24 HATHA YOGA INTENSITY: MODERATE	PRE-REGISTER 25 HYBRID PROP CLASS INTENSITY: MODERATE	26 PEAK POSE FLOW: UTPLITHIH INTENSITY: HIGH	PRE-REGISTER 27 HOT YOGA INTENSITY: MODERATE	28 ATMANANDA YOGA INTENSITY: MODERATE	29 POWER YOGA FLOW INTENSITY: MODERATE

The studio commitment is the yoga class at the scheduled time. The studio does not commit to the teacher or the flow of the class. | Any workshop/events at the studio will need a pre-registration with the respective studio managers. | If at any point in the class you feel discomfort, shortness of breath or pain in joints, please stop the workout.

ABOUT THE YOGA FORMS

SIVANANDA YOGA

Sivananda Yoga is a spiritual yoga system founded by Swami Vishnudevananda that consists of a series of postures to align the body and the mind.

STRENGTH FLOW

This vinyasa style class consists of strength postures that challenge and mold the muscles and the body.

SURYANAMASKAR

The sun salutations are an essential part of the physical and mental yoga practice. This class includes several types of suryanamaskars along with variations.

PEAK POSE FLOW: PARIVRTTA SURYA YANTRASANA

This class is designed to prepare the body and the mind for the peak pose, i.e Parivrtta surya yantrasana or compass pose. The class will include postures to increase flexibility and remove stiffness.

DANDA YOGA

The danda(stick) is a traditional prop that is great for posture alignment and correction and also makes you mindful of the body and the posture.

ASHTANGA HOT YOGA

A high intensity traditional class, ashtanga yoga brings in stamina and strength into the body through traditional postures of the primary series.

YIN YOGA WITH MEDITATION

This practice is based on the traditional Chinese science of meridians in the body and uses several props like blankets and pillows. It improves flexibility, calms and balances the mind and body, regulates blood circulation, releases fascia and improves joint mobility.

DETOX FLOW

The detox flow is a twisting class that cleanses the internal organs and also helps make the spine healthy and happy. This flow is fun, challenging and always innovative.

BRICK YOGA

Brick yoga is a prop class that uses the yoga brick/block to build strength, stamina and increases flexibility. An interesting prop class that takes the brick to take your poses to the next level.

PEAK POSE FLOW: BHUJAPIDASANA

This class is designed to prepare the body and the mind for the peak pose, i.e bhujapidasana which is a strong, balancing posture. The class will focus on arm and core strength and will also include hip-opening stretches.

TIBETAN RITES

Tibetan rites are an ancient practice that is developed by Tibetan monks to keep the body and mind young and active. Tibetan rites encourages acceptance, improves working of internal organs, improves breathing, enables environmental awareness.

SCULPT YOGA

A fun, challenging class that helps strengthen and tone the muscles. This class uses small dumbbells that help tone the arms while also strengthening the entire body.

HIP OPENING DEEP STRETCH

A calming and a feel-good class that works on releasing any tightness in the hip flexors, it also brings a lightness in the body and mind.

MOBILITY FLOW

Joint mobility is extremely essential for a healthy body. This class focuses on mobility of the joints by giving it movement thus lubricating them and keeping them healthy.

WHEEL YOGA

A fun class that uses the yoga wheel to bring strength and balance in the body while also opening up the back with deep backbends.

PEAK POSE FLOW: ARDHA CHANDRA CHAPASANA

This class is designed to prepare the body and the mind for the peak pose, i.e ardha chandra chapasana which is a standing balance as well as a backbend. This class will include some back opening as well as balancing poses.

AERIAL YOGA

A fun class that's done with aerial hammocks, aerial yoga challenges the core, brings in upper body strength and secretes 'happy hormones' within.

PILATES INSPIRED YOGA

A pilates inspired class is a fusion of yoga and pilates that focuses on strengthening and toning the core and the muscle groups around it.

RESTORATIVE YOGA

A restorative yoga class uses props like blankets, bolsters etc. to help the muscles rest and recover and calms down the mind.

HATHA YOGA

A traditional yoga practice that includes a series of asanas, hatha yoga uses breath and postures to balance the energies in the body.

HYBRID PROP CLASS

An innovative and interesting class, it incorporates two or more props. This class is all about flexibility and strength.

PEAK POSE FLOW: UTPLITHIH

This class is designed to prepare the body and the mind for the peak pose, i.e utplithih which is a classic ashtanga asana, the padmasana lift. This class will focus on arm and core strength as well as hip opening.

HOT YOGA

This class is a series of postures, done with heaters on. This class will help boost stamina, detoxify the body and promote weight loss.

ATMANANDA YOGA

This is a trio of Hatha, Ashtanga & Iyengar which includes Seven Groups of Asanas: Standing Poses, Balancing Poses, Forward Bends, Backbends, Inversions, Spinal Twists & Seated Poses.

POWER YOGA FLOW

The power yoga flow is a cardio class that is perfect to boost stamina and start the weightloss process. A challenging and fun class that is a fusion of high intensity cardio and yoga.