

Yoga with Alexandra



Monday

**Beginners Yoga
10.30-11.45pm**

Tuesdays

**Vinyasa Flow
6.15-7.45pm**

Fridays

**Ashtanga
6.15-7.45am
Vinyasa Flow
8.30-10am**

Ashtanga Yoga is a system of Yoga transmitted to the modern world by Sri K. Pattabhi Jois (1915-2009). This method of yoga involves synchronizing the breath with a progressive series of postures, a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs.

Vinyasa Classes are almost dance-like, trying to combine the dynamics of the flow with an alignment based practice, mindfulness of the movements with a deep relaxation at the end. Using the rhythm of breath while moving from one posture to another helps to deepen focus and awareness, while strengthening and increasing flexibility. Alexandra shares with everyone the freedom, well-being and tranquility which Yoga has brought to her life.

For details contact 268 4808 or 076 557 5556

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