

Yoga with Alexandra



Monday

Vinyasa L2 8.30-9.45am

Vinyasa LI 10.30-11.45am

Tuesday

Vinyasa Mixed Levels 6.15-7.30pm

Yin Yoga Mixed Level 7.30-8.30pm

Wednesday

Ashtanga Mysore L2-3 6.15-7.45am

Ashtanga Mixed Level 8.30-9.45am

Friday

Vinyasa Flow L2-3 8.30-10am

Hatha Yoga LI 10.30-11.30am

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

pranalounge.lk Holistic Health Center

60 Horton Place Colombo 7