

Yoga with Clara

Mondays

6.45am Ashtanga Mysore (All Levels)

8.30am Vinyasa L2-3

10.30am Prenatal Yoga (2nd & 3rd trimester)

Tuesday

7am Ashtanga Mysore (All Levels)

Wednesday

6.45am Ashtanga Mysore (All Levels)

8.30am Vinyasa (All Levels)

Friday

7am Ashtanga Led (All Levels)



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.

Mysore is a self led practice, through Ashtanga postures. This “self-practice” is performed under the guidance of a teacher, who helps to advance through the series by teaching new asanas when it is safe to do. In a Mysore class everyone works at their own levels and at their own pace.

Vinyasa Flow combines 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 the breath while moving from one posture to another helps to deepen focus and awareness, while strengthening and increasing flexibility.

Prenatal Yoga (2nd & 3rd trimester) addresses the physical challenges inherent to pregnancy, such as a shifted center of gravity and lower back pain. These moves will help alleviate aches and build strength in your legs, back and abdominals to prepare you for giving birth.