

Life by YOGA Class Descriptions

- **Yoga for Beginners**

Slow paced sessions primarily focused on pranayama (breathing Exercises) and proper alignment. Especially constructed for beginners, but also really great sessions to help students learn their own unique body conversation with movement, as well as revisit proper/correct alignment. Modifications and the use of props are included to aid students with proper alignment. Suitable for all levels.

- **Restorative**

Ultra therapeutic sessions, several yoga props are incorporated with an emphasis on muscular relaxation and comfort to help students achieve a quiet state of body and mind. With the conditions set in our restorative classes immediate effects on heart rate, blood pressure and brain activity are possible. Students learn how to cultivate the practice of letting go and develop useful techniques for deep breathing and relaxing.

- **Prenatal**

These sessions focus on soothing and managing the common discomforts of pregnancy while building awareness, relaxation & strength. Students gain tools and information for labor, birth and the postpartum period. A brief phone/in-person consultation before session start is arranged and poses are instructed specific to your trimester. Postnatal students are welcomed.

- **Hatha**

A long standing system which includes the practice of asanas (yoga postures) and pranayama (breathing exercises) in order to bring calm to the body and mind and has been used as a way to prepare the body for meditation and other deeper spiritual practices. These sessions are slower in pace with the poses held for a number of breath. Focus is on proper alignment, core strength, flexibility, balance, concentration and breath control. Modifications and the use of props are included to aid students with proper alignment.

- **Vinyasa**

Movement on the breath in a continuous flow with its core objective being flexibility, in these sessions the focus is on the flow between movements. Ujjayi breathing is the technique used for breath control and poses include standing poses, backbends, forward bends and arm balances. Our sessions are moderately paced and no two classes are the same. Modifications and the use of props may be included to aid with proper alignment where necessary.

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- **Power**

A strong, rigorous, moderate to fast-paced total body practice which builds heat, strength and stamina as students are taken through basic to advance sequencing. Creating longer, leaner muscles, greater mobility and improved circulation, these sessions are body focused allowing for rapid results. Recommended for students with a developed breathing practice. Not suitable for beginners.

- **Yin**

With our attention directed to the lower spine, hips, inner thighs & pelvis - these deeply restful, floor based poses are held for 3 to 6 mins - regulating the body's flow of energy and targeting the connective tissues. Stretching the fascia and the deep connective tissues between muscles, students enjoy the benefits of improved flexibility and increased circulation in the joints.

- **Yoga + Dance JAZZ**

Our Yoga + Dance Reggae's other half - this Yoga + Dance Jazz class, also created and developed by our founder, is packed with a lovely balance of active rhythmic dance moves inserted within a series of specific yoga poses with compatible lines. A fun yet mentally relaxing way to direct energy in an active way - this class is so fun & engaging, that other than the healthy sweating, you will completely forget you're getting in a great workout... Letting go will become natural and you will leave this session in an upbeat and optimistic vibe. All levels welcomed - 'Tis Wonderful!

- **Yoga + Dance REGGAE**

This class was created and developed by our founder and is packed with lovely balance of rhythm and ease. A fun and relaxing way to melt into great vibrations and to let go - old love tunes play on as micro reggae dance moves are inserted within a series of specific yoga poses with compatible lines. Our own uniquely special version of Happy Hour Friday :o))).

- **Guided Meditation**

Our guided meditation sessions begin with a series of warm up floor poses, select Pranayama (breathing exercises) followed by seated meditation. Students reach a state of inner stillness, and with consistent practice they enjoy the following benefits:- Meditation reduces stress, controls anxiety, helps to manage depression, enhances self awareness, promotes emotional health, lengthens attention span, helps with the reduction of age related memory loss, helps generate kindness, helps fight addictions, improves sleep, helps control pain, decreases blood pressure. All levels are welcomed.