

Yoga Kind Courses listing



Chakras	7 weeks
Mindfulness and Meditation	5 weeks
Postures	6 weeks
Pranayama (breathing)	Course 1: 4 weeks Course 2: 4 weeks Course 3: 4 weeks
Restorative yoga and relaxation practices	8 weeks
Stress management: yoga philosophy and self-help	8 weeks (general approach – involves lots of therapeutic techniques – study of texts all easy to relate to and assimilate)
Yoga for healing the digestion	4 sessions - poses and breathing practices
Yoga for healing the spine	7 sessions - poses and breathing practices