

# One Yoga Vernon Class Descriptions

## June 2021

**Balance and Flow** is a gentle and invigorating vinyasa flow. Gain access to your strength, balance, and flexibility in this 50-minute flow.

 All abilities and novices

### Early Risers:

The freedom that comes from just being in the moment. Not needing it to be any different than what it is. Not needing myself to be anything more than what I am. Through appreciating and loving others uniqueness my lesson is to extend this kindness to myself. There will never be another you with the same consciousness and experiences. That is your gift. This should be celebrated, enjoyed, noticed, not something to hide or run from. The thing I enjoy most about yoga is seeing the beauty of everyone's own expression of self.

My classes are inspired by the people who come and never seem to go exactly as planned. That's the fun part!

 All abilities and novices

**Energy Flow:** *Who is it great for?* Anyone who is looking for an energetic, flow style practice that connects dynamic movements, strength, and concentration with breath.

Although this class is suitable for all levels, we do recommend some familiarity with common yoga poses before attending.

 All abilities and novices

**Gentle Restoration:** I lead you through a gentle Hatha sun salutation flow, meditation, breathing exercises, and Yoga Nidra.

I enjoy bringing attention to the poses with a strong focus on moving with the breath to access a more refined body and sharper self awareness.

 All abilities and novices

**Energy Boost** is meant to get you away from your desk, reconnect to your breath and your willing spirit, and get your body moving in this quick lunch time class!

 All abilities and novices

**Flow & Restore** is a 50/50 combination of mindful movement and yin inspired poses for deep stretching and release. We will connect deeply with the physical body through pranayama and guided meditation. This class will help you let go of tension in the mind and body so that you can leave feeling rejuvenated and relaxed. The perfect Sunday evening treat!

 All abilities and novices

### Hatha with Alina:

- Simplified expression of core activities in clear manner
- Restoration; relaxation; coordination; balance; flexibility; strength
- Structured Asana and breathing-based progression
- Specializing in adaptive sessions, tailoring to diverse ages and abilities

 All abilities and novices

**Heart of Hatha** is an introduction to the foundation poses of yoga, and this is a weekly series focused on the union of the physical body, mindful focus, and breath. Each day has a theme featuring a set of related physical postures and breathing techniques, practised more slowly and with more static posture holds than a typical flow class. You will work on the physical alignment best suited for your own body and learn the verbal cuing for each pose; as well, each week we will introduce you to one of the 8 limbs of yoga.

 All abilities and novices

### **Hatha Fusion:**

Fire Element moving meditation to help shake off the day. Active postures, some holds, fun poses, possible laughter.

 All abilities and novices

**Noon Refresh Flow** is an immersive vinyasa practice, just dynamic enough to boost a feel-good current of vitality within the body but without leaving you sore or worn out for your afternoon. You will be amazed how much of a difference 50mins makes to the rest of your day!

 All abilities and novices

**Rise and Shine:** This class is designed to create energy at the start of your day with a mindful vinyasa flow except for Wednesdays where the focus will be a deep stretch yin class.

Classes are suitable for all levels as a variety of modifications will be offered.

 All abilities and novices

**Yin Yoga** is yoga incorporating principles of traditional Chinese medicine, with postures that are held for longer periods of time than in other styles. For beginners, asanas may be held from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. The sequences of postures are meant to stimulate the channels of the subtle body known as meridians in Chinese medicine and as nadis in Hatha yoga.


Yin Yoga poses apply moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, its goals are awareness of inner silence, and bringing to light a universal, interconnecting quality.

 All abilities and novices

**Just Dance!** Joyful ecstatic movement.

 All abilities and novices

**Movement and Meditation:** This class is nervous system upgrading and mental reprogramming with a bit of body conditioning. With guided instruction and powerful music, you will witness your resistance and your power. We will move energy through the body with movement, sound and repetition and finish each class with deep meditation. The result is an expansive, heart-clearing release.

 All abilities and novices

**Warrior Flow:** This class has been designed to accommodate all levels offering a variety of modifications as we gently move from pose to pose linking movement with breath. As we make our way through the Virabhadrasana warrior poses the focus will be to develop strength and flexibility throughout the body.

 All abilities and novices

**Vinyasa Flow** is an intense and flowing type of hatha yoga that improves strength, flexibility, and concentration. Each class will include a short meditation, breathing exercise (Pranayama), Surya Namaskara (sun salutations) and end in a deep relaxation (Savasana). The postures together with controlled breathing produces heat (Tapas) and cleanses the body.

Modifications for postures will be given throughout the class making it great for all levels.

*Pregnant Students:* During your 1st trimester you're welcome to attend vinyasa. Your safety is important to us so please attend hatha or restorative in your 2nd or 3rd trimester up until the 34th week.

 All abilities and novices