


# One Yoga Vernon Class Descriptions


**Akasha Flow:** Meaning space or upper sky. The sky's the limit with this class; leaving space for you to find your flow. Enjoy the many options provided to match your desired intensity for the day.

 Intermediate to advanced practice

**Cultivating a Brave Space Within:** You are invited to come and share in the experience of returning and making the body home again. We will explore relaxing restorative postures and breath synchronized movements as well as breathwork, Yoga Nidra (yogic sleep), and self applied reflexology techniques, to begin to cultivate a brave space to come back to, whenever is needed, throughout our daily lives. So bring your mats, any props (ex: blankets, strap, bolsters, and blocks) as well as socks/sweaters etc., anything that helps you get settled in/cozy, and of course your lovely selves to slow down, heal and replenish the well of your being.

 All abilities and novices

**Flow Alive:** Invitation to dive into the refreshing depths within! We play with aligned expansion and connection in the fluidity of movement. Classes are energizing, ignite the midline and fire up the core. Guided by the breath, they are designed to wake up dormant potential.

 Some yoga experience required

**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

**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

**Life Force Fitness** is body conditioning and nervous system upgrading, mental re-programing and sweating your prayers. 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. The result is an expansive, heart-clearing and body-strengthening release. This class will challenge and enlighten you, all while building an incredibly strong, lean, resilient body. It will give you tools to empower your life.

 All abilities and novices

**Kundalini Yoga** is an ancient technology and devotional practice that uses movement, breath, mantra and mudra to elevate the spirit. It is accessible, profound, dynamic and transformative. All classes are suitable for beginners. Drop in. Pay what you wish. This class is open and accessible to all levels of practitioners.

 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

**No Down Dog Hatha** is sequenced as a heat building Hatha series, conceptually like Original Hot Yoga with much more room to play the game.

🧘 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 apart from Wednesdays which is a deep stretch yin. Classes are suitable for all levels as a variety of modifications will be offered.

🧘 All abilities and novices

**Power Vinyasa Flow:** In Tara's Power Vinyasa Flow class, she will take you through an invigorating and challenging flow sequence inspired by Baptiste's "Journey into Power".

🧘🧘 Some yoga experience required

**Sweet Drop Ritual:** Recharge by slowing down. This nourishing floor flow supports you to release the beat of the mind and drop into the gentle rhythms of body and heart. Breath work and grounding, lengthening and heart opening poses create an inner space in which the nervous system can balance, and the tissues soften. We all need times to touch in with ourselves to process and digest. Enjoy this ease of embodied presence.

🧘 All abilities and novices

**Reset, Refine, Refuel.** Our practice together is steeped in the ritual of resetting, as we follow the wheel of the year each season will bring with it a new practice based on the alchemical elements Fire, Earth, Air, Water, Ether.

As we meet on the mat each week, we will work to restore balance within our chakra system, resetting the week.

Using the energy available, drawing from the seasons & the cycles of the moon; we begin with pranayama, transitioning into a moving meditation as we set an intension release or invigorate, we practice together postures to meet the energy of the week, letting go or refining as needed and finally as we cool, an extended Savasana. We use our senses to integrate our practice. I offer body scans, sound bowls, essential oils, and light touch for full relaxation. (As Covid-19 protocols allow)

This class is for all bodies and all abilities, modifications will be offered. This is a 75-minute class. Come experience a weekly reset, a welcome recharge transitioning from work to play.

For the fullest experience, socks, a sweater or a soft blanket, and an eye mask are helpful for your practice. We will move from invigorating to slow movement within the class in the yogic style of Hatha.

🧘 All abilities and novices