

YOGA All Levels Ashtanga Inspired

Class description:

This yoga practice is Ashtanga-inspired and divided into five phases:

1. First Warm-Up Phase

We gently wake up the body with soft movements and stretches to promote mobility and flexibility.

2. Second Warm-Up Phase

In this phase, we begin to strengthen the body through a series of targeted exercises to prepare for the flow.

This part also includes some Pilates-based movements to support core activation and alignment.

3. Flow Phase

This is the core of our practice — the most intense and energetic phase, where we move and flow together.

Each week, I will guide you through a different flow, starting from traditional Ashtanga sequences (Sun Salutation A and B) and gradually moving toward less traditional Vinyasa flows.

Repetition is at the heart of our approach. It allows you to fully surrender into each Asana and observe your own personal progress over time.

Each week, I will introduce a short sequence that you will then repeat independently, finding your own rhythm and breath.

4. Cool-Down Phase

Here we stretch and release, sometimes holding poses longer — inspired by the Yin Yoga tradition — to deepen relaxation and flexibility.

5. Rest & Meditation

We end our practice in Shavasana, where I will guide you through a short meditation to integrate the benefits of the session and promote mindfulness.

Equipment:

- Yoga mat: I strongly recommend bringing your own for the best experience. If you don't have one, mats are available on site — in that case, please bring a towel for better grip and hygiene.
- Yoga blocks: These are not provided, so I strongly encourage you to bring your own. Blocks can be especially helpful if you're new to yoga, have limited flexibility, or need joint support during certain Asanas.

Participants:

Yoga-experience is, to some extent, required. This class is not designed for complete beginners as Asanas such as Downward Facing Dog, High-Lunge, and core positions such as planks are prerequisites.

However, experience in Asthanga Yoga specifically is not required as we will start gently and slowly, gradually building up each week, always adapting the sequences to suit your own personal level. Because of this progression, I strongly encourage you not to miss the first few classes, where we will cover the foundations of the practice.

If you have experience in Asthanga Yoga: we will move along the primary series, focusing mainly on the Sun Salutations and drawing from the Standing Sequence. No headstands, no splits, nothing too advanced.

Extras:

For this practice music will be used.