

YOGA-PILATES BEGINNERS

Class description:

This class is a fusion of Pilates and yoga, designed to build strength, mobility, and body awareness in a mindful way. While both practices are present, the core structure is based on Pilates, with yoga elements integrated to support flow, flexibility, and recovery.

We begin each session with a gentle warm-up to wake up the body, mostly inspired by yoga movements that enhance mobility and prepare the joints.

The main part of the class focuses on core activation and strengthening, using classical Pilates sequences. Yoga is used here not as the focus, but to connect different sets of movements, creating fluid transitions and a soft, continuous rhythm. Some Asanas may be integrated occasionally to support alignment or breath awareness.

To close the session, we shift fully into yoga-based cool-down, with longer-held stretches and moments of release. The class ends in Shavasana, accompanied by a short guided meditation to relax both body and mind.

Repetition plays a key role in this practice, helping to build resilience, strength, and confidence over time while allowing space to observe your personal development from week to week.

Equipment:

- ⑩ 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.
- ⑩ Yoga blocks: Blocks can be especially helpful if you have limited flexibility or need joint support during certain Asanas, I strongly encourage you to bring your yoga block to class as they are not provided on site.

Participants:

No experience is required. We will start gently and slowly, gradually building up each week. If you're not a beginner, you are still welcome to join — you'll benefit by moving more independently, and you're encouraged to adapt the sequences to suit your personal level.

Extras:

For this practice music will be used.