

Winter 2018

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# Yoga Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am	Foundations 2 Alana	Namastrong Lea	Foundations 2 Alana	Namastrong Cindra	5:45-7:15 Intermediate 3 Alana	Advanced 4 Claire	
7:00am						Namastrong Lea	
8:15am				Beginners 1 Carlie	Beginners 1 Alana	Foundations 2 Claire	
9:30am	Foundations 2 Claire	Restorative Cindra	Foundations 2 Claire	Intermediate 3 Claire	Foundations 2 Alana		
10:00am				Pilates Kel			
4:00pm	Foundations 2 Claire	Namastrong Cindra		Foundations 2 Carlie	Namastrong Lea		Foundations 2 Claire
5:15pm	Pilates Kel	Foundations 2 Cindra	Foundations 2 Carlie		Foundations 2 Lea		
5:30pm	Beginners 1 Cindra	Pilates Kel	Bun in the Oven Cindra	Restorative Carlie			
6:30pm	Restorative Cindra	Intermediate 3 Claire	Pilates Kel	Beginners 1 Carlie			

CLASS LOCATION:  THE JOGISHALA  THE BAMBOO STUDIO

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# Class Descriptions

## Beginners 1

Maximum 6 mths

### For students at the starting point of yoga

Beginners 1 is our yoga class for absolute beginners, those new to yoga, new to the Iyengar Yoga style of yoga and those with injuries/limitations. We teach sequential yoga classes starting at the very beginning. We build understanding class-by-class and week-by-week. This class covers basic standing asanas (yoga postures), twists, forward bends, and very basic backbends.

Students attending these classes will:

- learn the basic fundamentals of yoga – asanas and basic breath work.
- move to Foundations 2 between 3 and 6 months at this level.

## Foundations 2

3 - 18 mths

### For students with an understanding in the basic Asanas

Foundations 2 builds on the learning commenced in our Beginners 1 classes. It covers a much broader range of asanas than Beginners 1, and so students typically spend more time at this level (6-18 months). In Foundations 2 we continue to develop our ability to perceive sensation in our bodies as we work on building understanding of how a consistent approach moves us forward. As a result, strength, flexibility and mental clarity are improved as we prepare the body and mind for more demanding work. Unfortunately, this class is not suitable for absolute beginners.

Students attending these classes should have attended our Beginners yoga classes for at least 3 months and will:

- learn shoulder and headstand preparations.
- learn supported and unsupported shoulder stand.
- learn the basic pranayama (breath work) techniques.

## Intermediate 3

12 mths - 3 yrs

### For students interested in developing their yoga practice to include a wider and more intense range of forward and backward bends, twists and inversions

Intermediate 3 includes teaching of yoga asanas to challenge and deepen your practice (full inversions like handstand and headstand and more demanding backbends) as well as more detailed pranayama (breath work). We recognise however, this is a process, and we work with where you are. We use this as a platform for broadening our level of self inquiry and reflection. Students who attend Intermediate 3 acknowledge that coming to a 1.5 hour class once per week is not really enough to sustain the level required and are expected to attend class at least twice a week where possible and/or have the commitment to the beginnings of a home practice. Your teachers will be happy to guide you with any questions you have in regards to this. If in doubt, attend a class and talk to the teacher.

Students attending these classes should have attended our Foundations yoga classes for at least 6 - 12 months and will:

- Learn headstand and practice pranayama.
- Be able to hold shoulder stand for 5 minutes (supported if necessary).
- Be suitable for students who have approximately 1-2 years of Iyengar yoga experience.

## Advanced 4

3+ yrs

### For students who have experience in the more advanced Asanas, including a full range of forward and backward bends, twists and inversions

Advanced 4 is a 2 hour class. A minimum of 3 years practice in the Iyengar method is required with a commitment to establishing a home practice. You should be able to hold Sirsasana independently for a minimum of 5 minutes (or know how to manage an alternative) and be able to adjust your own practice whilst menstruating. There is an expectation that you are committed to learning the names of the asanas in Sanskrit, and that you attend class at least three times a week where possible. This level is for students willing to challenge themselves and deepen ownership of their personal practice.

Students attending these classes should have attended our Foundations 2 and Intermediate 3 classes for at least 3 years and will:

- Be able to do a 5-minute Sirsasana, or otherwise know how to modify in the case of injury/limitation.
- Self manage a mandatory menstrual practice when suitable.
- Please consult with Claire before attending one of these classes.

## Pilates

Matwork Pilates places emphasis on creating balance & alignment in the body, strengthening the core & improving overall flexibility & co-ordination. The instructor is hands on to help guide you through the practice with control & precision. For those interested in learning greater body awareness & deepening their understanding of the foundation principles of Pilates.

*Duration: 60 min*

## Restorative

Now you can enjoy the full moon every week!! Verve For Life's Restorative class is that class you always wish for when you are in need of recovery and rejuvenation. We work very hard in our lives, and while we may sleep, we rarely take time to rest. This class will help you to relax and rest, deeply and completely through supported yoga poses. Everyone welcome.

*Duration: 60 min*

## Namastrong

Come and get your sweat 'om'. FOR TRIPLE A MEMBERS ONLY. 30min sweating in the gym followed by 45min on the mat. Namastrong is Verve For Life's signature combo session perfect for the time poor wanting to pack more into their valuable work out regime. Expect to be taken from sweat to savasana like never before. Bookings Required.

*Duration: 75 min*

## Bun in the Oven

The body goes through enormous changes during pregnancy on a physical, emotional, and spiritual level. Bun in the Oven is a prenatal yoga class for all levels that helps you manage these changes with ease. The class includes postures to build strength and flexibility, breathing exercises and meditation for pregnancy, birth and beyond.

**NB Please discuss with the VFL team if you are still in your first trimester.**

*Duration: 75 min*