



yoga timetable

verveforlife.com.au

July 2017

morning ☀️

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am	Yoga Strength Alana	Vinyasa Flow Cindra	Yoga Strength Alana mVmntVFL Samuel	Vinyasa Flow Cindra	Yoga Strength Sophie	6:15am Level 1 Iyengar Claire	
6:45am	mVmntVFL Samuel				mVmntVFL Samuel	7:00am Namastrong Sophie	
9:30am	Foundations Sophie mVmnt VFL Claire	Restorative Cindra	Foundations Claire	Level 1 Iyengar Claire mVmntVFL Samuel	Foundations Claire	8:15am Foundations Sophie	
10:00am				Pilates Kel		9:00am Pilates Alana	
10:30am		mVmntVFL Claire			mVmntVFL Samuel		

evening 🌅

4:00pm	Foundations Carlie	Namastrong Sophie	Namastrong Cindra	Foundations Sophie	Namastrong Lea		Foundations Claire
5:15pm	Pilates Kel	Foundations Sophie	Foundations Carlie		Foundations Alana		mVmntVFL Claire
5:30pm	mVmntVFL Claire	Pilates Kel	mVmntVFL Hand balancing Nath Bun in the Oven Cindra	Restorative Sophie			
6:15pm				mVmntVFL Samuel			
6:30pm	Restorative Carlie Bun in the Oven Amy	Level 1 Iyengar Claire	Pilates Kel	Foundations Claire			

CLASS LOCATION: THE JOGI SHALA THE BAMBOO STUDIO THE PT STUDIO

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Physiotherapy • Massage • Yoga • Personal Training • Holistic Lifestyle Coaching



class descriptions

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Foundations

For those new to the Verve For Life Yoga Studio and those wishing to refine and consolidate their yoga base. A class consisting of the basic yoga postures to prepare your body for further yoga progressions. This class is very hands on from the instructor to help you not only bring awareness within your body, but will also allow the instructor to 'see' how your body moves, ensuring safety and possible progression to a more advanced level.

Duration: 75 min

Yoga Strength

This class is designed for yoga students who want to build strength. Sequences will focus on the key elements of a strong standing base, build on strengthening & toning the arms & will teach you the art of the yogic core. As well as a deep stretch, you will leave with a balanced mind & feel the magical lift of strength starting to take shape.

Duration: 60 min



Level 1 Iyengar

For those experienced in Iyengar yoga and those with greater than 6 months regular attendance at Verve For Life Yoga Studio. This class continues to consolidate all previous asanas learnt in the foundations classes and introduces the greater challenge of backbends and fully inverted yoga asanas.

Duration: 90 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

Vinyasa Flow

This class combines many of the poses that you practice in the foundations classes & combine them with breath & movement to create a beautiful flowing yoga practice. This style of yoga combines all the elements of alignment & strength with fluidity & a deeply unique lengthening & calming experience that will leave your body untangled & your mind calm.

Duration: 60 min or 75 min

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

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

mVmnt VFL

Movement VFL is a unique combination of gym based strength & flowing flexibility yoga work. Lifting elements will combine with yogi-ish poses, each with a different purpose and reasoning. Each session will have a different focus, some focusing on loading the upper limbs into handstands (or variations of), some with mobility work such as gluteal and deep squat stretches, other sessions will focus on strength for the upper or lower body. Dance like components, martial arts, soft gymnastic and parkour elements will also feature. The overall goal is to create strong, mobile, self aware and self dominant individuals with a desire to move, and do so freely. You will learn to move how you were made to. FOR TRIPLE A MEMBERS ONLY. BOOKINGS REQUIRED.

Duration: 60 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