

atlantic reach YOGA & PILATES 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Pilates 11:15-12:15 Andrea S1	Yoga 10:15-11:15 Jen A S1		Restorative Yoga 10:30-11:30 Andrea S2		Vinyasa Flow Yoga 10:20-11:20 Leigh S1	Yoga 11:00-12:00 Monika S1
EVENING SESSION	Power Yoga 17:15-18:00 Leigh S2	Pilates 17:15-18:00 Andrea S2	Vinyasa Flow Yoga 20:05-21:00 Jen A S1	Pilates 18:05-19:05 Andrea S2	Power Yoga 10:20 - 11:20 Leigh S2		
	Vinyasa Flow Yoga 20:05-21:00 Jen H S1	Restorative Yoga 18:00-19:00 Andrea S2		Yin Yoga 20:05-21:00 Kali S1	Vinyasa Flow Yoga 19:15-20:15 Jen A S2		

Vinyasa Flow Yoga

Work your whole body, linking breath & movement to create flowing transitions between Yoga postures. Includes spinal warm ups, hip opening sequences, deep detoxifying twists, safe back bends & lengthening forward folds finishing with relaxation.

Core Yoga

Core yoga focuses on core stability & increasing flexibility in your body. Strengthening your core will help you align your body, protect your lower back & help you move more efficiently. Suitable for all levels.

Restorative Yoga

Restorative Yoga is a class to restore balance to your mind & body. Gentle flows to improve strength & Yin style stretching will leave you feeling calm & empowered. A perfect class for beginners, injury recovery or those who just prefer a gentler style.

Pilates

Target the core muscles to keep the spine healthy & improve your range of movement with mat based exercises. It aims to achieve a strong girdle of strength, allowing for correct body alignment & posture, minimising physical injury. All levels welcome.

Power Yoga

Power Yoga. Power Yoga moves quickly & can be a more intense style that may make you sweat. There's a massive focus on breath whilst holding dynamic postures to create strength, flexibility & stamina within the body.

Vinyasa Flow Yoga

A flowing, dynamic & creative style of yoga where you move smoothly from pose to pose in time with your breath, accompanied by uplifting music & with options for every level.

Yin Yoga

A more restorative style of yoga aimed to calm the mind & stretch the body; a perfect compliment to any cardio fitness class or gym workout, giving you time to slow down & chill out. All levels welcome.

Yoga

This class is based on Vinyasa Flow & is tailored to the what the participants would like on the day, whether relaxing or active. Starting slowly, connect with the breath & warm up the body, followed by sun salutations, postures & sequences, before stretching & finally, relaxation.