

<i>Hatha Yoga/ Gentle Flow</i>	<i>Traditional Hatha</i>	<i>Hatha/Vinyasa</i>	<i>Hatha with Alignment Focus</i>	<i>Gentle Flow</i>	<i>Hatha Balance</i>	<i>Hatha/Vinyasa</i>
<i>Candlelight yoga with Tibetan singing bowls</i>	<i>Candlelight yoga with Tibetan singing bowls</i>	<i>Candlelight yoga with Tibetan singing bowls</i>	<i>Candlelight yoga with Tibetan singing bowls</i>	<i>Candlelight yoga with Tibetan singingbowls</i>	<i>Candlelight yoga with Tibetan singing bowls</i>	<i>Candlelight yoga with Tibetan singing bowls</i>

Explanation classes

Traditional Hatha

Is the foundation of all physical yoga practice, incorporating asanas (physical postures) with breathing and pranayama (energy breath work) to create physical, mental and emotional strength and flexibility. Learn to breath more fully as you hold each asana for a number of breaths and create a feeling of physical well-being and inner peace.

Vinyasa Flow

A dynamic asana practice designed to get the blood flowing and loosen the joints. Moving through poses at a quicker pace, each movement is synchronised with the breath to create a smooth flow of interconnected yoga postures that will leave you feeling energised and detoxified.

Hatha / Vinyasa

Poise and grace come together as we combine the static traditional Hatha yoga practice of holding static postures with the faster flowing movement of the Vinyasa practice. Each brings different challenges for the mind and body to create vitality and strength, while focusing on the breath.

Hatha Balance - Improve your concentration and focus as you integrate your left and right brain hemispheres and learn how to bring more physical, mental and emotional balance into your life with balancing poses that will leave you feeling grounded and present.

Hatha and Bamboo Sticks

Become stronger and more flexible using Indonesian bamboo sticks in this *fun*, popular class to bring awareness to body alignment and open the shoulders, body, mind and heart.

Hatha with Core Focus - Build strength physically and mentally and enliven your fire energy with power in this asana class focusing on core abdominal strength. Core strength is essential for good posture, a healthy spine and lower back and can be integrated with all other physical activities.

Hatha Yoga Stretch and Strengthen

Improve your physique and create mental strength and determination as you increase strength and flexibility through stretching. Leave this class feeling stronger and more toned.

Hatha with Alignment Focus

Become more aware of your body and how it moves in this asana practice with a focus on correct alignment. As you learn more about how your body works, you can learn to be your own healer and modify how you sit, stand and move to facilitate a greater range of movement, open up your body and create stronger muscles and healthier joints.

Gentle Flow

Feel the ebb and flow of the ocean within you with slow, gentle movement, breathing techniques and relaxation to help disconnect from the stressors of life. Relaxing, regenerative, meditative and supportive held poses leave you feeling nourished and well rested.

Tibetan Singing Bowls

The candlelit ambience of every H2O evening class is a special experience as the vibrations of the seven Tibetan singing bowls mesmerize and relax you.

Introduction to meditation

A great opportunity to experience a wide variety of meditation techniques, ask questions and pick-up helpful ideas to support your practice. Suitable for both students with an established practice and for those wishing to develop one.

Private lessons are available by appointment.

450,000 1hr | 550,000 90 min

Rental of the yoga space is available.

380,000 1hr | 570,000 90 min

If you have any questions regarding the classes, please let us know.

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