



# Flowers & Fire

Yoga Garden , Gili Air

3<sup>rd</sup> October-9<sup>th</sup> October

**Prices/Yoga**

- 1 class- 130 000 IDR
- 4 class pass-460 000 IDR
- 5 class pass-550 000 IDR
- 10 class pass-1 000 000 IDR
- Daily double-240 000 IDR
- Kitas holder/Indonesian-70 000IDR
- Gili resident 10 class 600 000 IDR

**Prices/Special Events**

- Workshops-350 000 IDR
- 3 Workshop bundle-850 000 IDR
- 25% off workshops for kitas holders and Gili residents

**Levels and styles**

- Level \*1\*-beginners/simpler sequences/slow
- Level \*1/2\*-Mixed level/strong/dynamic
- Level \*2\*- intermediate/strong/dynamic

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 AM				Pranayama and meditation  75 min *1*			Pranayama and meditation  75 min *1*
8.30 AM	Vinyasa  Muladhara Base Foundations/ Earth  75 min *1/2*	Vinyasa  Svadhithana Hips/Water  75 min *2*	Pilates Barre  Manipura Core-Fire  75 min *1/2*	Vinyasa  Anahata Heart opening- Air  75 min *2*	Vinyasa  Vishuddha Throat-Ether  75 min *2*	Pilates Barre  Manipura Core-Fire  75 min *1/2*	Vinyasa  Sahaswara Crown- Embodied integration  75 min *2*
4.30 PM	Yin  75 min *1*	Yin Yang Flow  75 min *1/2*	Vinyasa  75 min *2*	Yin  75 min *1*	Yin Yang Flow  75 min *1/2*	Vinyasa  Ajna Third Eye- Light  75 mins *2*	Gentle Flow  75 min *1*

Please try to turn up for class 15 minutes early to allow time for check in

**VINYASA FLOW** –Vinyasa is a form of dynamic yoga where we follow the breath through different sequences of yoga postures. These classes are strong, challenging and fast paced- transitioning fluidly between shapes. Emphasizing the movement between poses as much as the poses themselves- Vinyasa is a great way to clear internal blockages, increase mindfulness, energize and strengthen your physical and energetic systems, and find a centre of calm within intensity.- A great way to start the day.

**MORNING PROGRESSIVE VINYASA SERIES**–Our weekly series takes you on a journey through the chakras (energy centres in the body) with each day focusing on a different chakra, its corresponding element and body part. These classes can be done on their own or as a progressive series to clear blockages, increase mindfulness and energize and strengthen your physical and energetic systems.

**MULADHARA-EARTH-FOUNDATIONS**–Earth focuses on strengthening our base-our root chakra and foundations. With an emphasis on alignment and bandha activations (muscular activations around a joint complex) we create strength, stability and grounding in our foundations to support a safe and easeful practice.

**SVADHISTHANA-WATER-HIPS**–Focusing on the potent life force energy stored in our hips and the element of water, we play with creative, smooth, graceful and fluid movements to release contractions and blockages in our energetic pathways and re-circulate our Prana through our physical and subtle body systems. Wonderful for releasing and reclaiming the energy of stored emotions and stresses.

**MANIPURA-FIRE-CORE**-Focusing on our core and the element of fire- in this class we will activate our fire body to support, energize and lighten our physical body as we move through strong, core centered asana. Great for creating deep strength, determination and an ability to move from centre.

**ANAHATA-AIR-HEART**–Focusing on the element of air we become conscious of the animating force of the breath as it expands through our chest cavity, the seat of our lungs and heart. When we move with an open heart, kind internal dialogue and a receptive relationship to the breath- we experience increasing lightness, ease and joy in our practice.

**VISHUDDHA-ETHER-THROAT** –Focusing on the element of ether we become aware of the energetic centre of sound vibration, our throat and use movement to explore where and how our physical and subtle bodies receive, experience and attune to the vibration of sound. It is also an opportunity to reflect on how intention can be manifested through the vibration of sound in speech and mantra and to explore the weaving of these intention seeds through our body in our physical practice.

**AJNA-LIGHT- THIRD EYE** Focusing on the element of light and our clear sighted vision, we use our asana practice as a tool for focusing and clarifying our mind and our mind as a tool for enhancing our practice. Our mind can be a tool for extraordinary illumination or the cause of great confusion and suffering. By working with the qualities of the third eye, by cultivating the observer mind and inviting in clear perception and insight we are able to explore how powerfully our physical practice is impacted by the mind.

**SWARA-CROWN-EMBODIED INTEGRATION**– Our crown chakra has no associated element as it is the chakra that integrates all others and brings us into union with the greater whole. Tying it all together this class explores the concept of using the body as a vehicle for enlightenment. By cultivating deep awareness of shifting somatic sensation as we move through space we notice how each new posture activates a different zone of physical intensity. We continue to cultivate our observer mind and use each new physical activation as an opportunity to anchor our awareness more deeply into our bodies. In this way we yoke our mind, body and breath together-integrating our different platforms of awareness to experience the deeper meaning of yoga which is union.

**YIN YANG FLOW**– Like warming up clay so it becomes more malleable, we start with an active and dynamic sequence to melt muscular contractions and build heat in the body then end with a passive extended floor series giving our bodies space to open through gentle, sustained poses. Great for reducing tension in the muscles, transforming stress, balancing the nervous system and falling into states of deep blissful relaxation

**YIN**-yin yoga targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascial networks. It also targets our meridian system moving energy along our networks of energetic pathways. Using a series of long-held, passive floor poses (up to 7 minutes), this deeply relaxing class helps to calm and balance the mind and body, reduce stress and anxiety and improve flexibility and joint mobility.

**SLOW FLOW**-In this pared down class-movements are simplified and slowed down offering space to connect with quiet presence and move with grace and intention. Great for beginners, with more time in each posture to focus on alignment and refinement of the shape. .Helps to balance the nervous system and mind, circulate energy and create a calm yet energized feeling state.

**HATHA FLOW** - Similar to Hatha but with more flowing sequences, this class gives space for longer holds in each shape in order to quiet the mind and use the breath to; facilitate alignment, open up space in areas of tension & purify your energetic channels. Great for building strength & cultivating internal heat/tapas, while oxygenating the body and bringing you into a calm, grounded & present state of awareness.

**PILATES/BARRE**–A strong core leads to a powerfully led life! Give yourself the gift of strength through this conditioning class where we learn to stabilise our centre, strengthen our legs, hips and postural muscles to allow for an increasingly easeful experience of movement and life. This is a fun class using the bar and various props to create long, lean and strong muscles throughout the body.

**MEDITATION AND PRANAYAMA**-Pranayama, one of the 8 limbs of the yogic philosophical tree, uses the breath to activate and create effects in the energetic body. By clearing the energetic and pranic pathways, it becomes easier to access deep meditative states. In this class we explore different pranayama practices and meditative focuses to move energy through the body, calm and focus the mind and discover new internal landscapes of wellbeing and bliss.