

# YOGA STYLES & Workshops

## **Acro Yoga**

Blends the wisdom of yoga, the dynamic power of acrobatics and the loving kindness of healing arts

## **Art of Letting Go workshop**

'Just let it go' How many times have we heard someone say this to us? But how do we actually let go? Why is it sometimes so simple and oftentimes so hard to do.

In this workshop we look deeper into the energetic, psychological and conscious aspect of how we can unravel and relearn to let go in an easier and simple way, by using certain tools.

## **Aerial Silk Yoga in tree**

It's a gravity defying creative movement featuring a column of fabric rigged overhead. The fabric offers a full body workout and assists in lengthening, stretching and strengthening. You will learn how to wrap the silks around your body to reach cool poses that will really improve your flexibility.

You will get so much freedom in the air with the silks, with a plethora of positions and movements that will help to boost your health.

You will learn how to climb which will ignite your core and engage most of your muscles.

Inversions are effortless and will help to decongest the spine giving you an amazing overall feeling after class. Aerial silks is also a great tool for anyone with acrophobia(fear of heights) as it safely introduces you to different height challenges.

## **Afro-Fusion Dance**

Drumbeats and dance movements honour traditions of Senegal and Ghana. Modern dance movements fuse traditional and hip hop elements into Afro-fusion-carribean style. Suitable for all bodies no experience needed

## **Animal Flow**

Animal Flow is a bodyweight program that's centered largely around ground-based work. It features animal-style movements that encourage core stability and strength, improve speed, power, endurance and body awareness.— all without any fitness equipment.

It is a cross between break-dancing, yoga, meditation and gymnastics where you flow from one position to another

It is a journey where the unimaginable becomes conceivable.

Expect to sweat. Sequences often seem to exist somewhere of the scale of the seemingly impossible but when broken down into bite size chunks and approached with curiosity a world of likely awaits.

## **Aqua Yoga**

Aqua Yoga is an easy relaxed flow through the water, combining movement and yoga moves with water resistance and support. It increases endurance, builds muscle strength, reduces joint pressure and increases flexibility. It also cools you down on a Hot Lamu Day.

## **Aroma Yoga**

Using therapeutic grade essential oils, which help become more alert, receptive, connected, grounded, centered, uplifted and present. The various oils help in transforming the yoga practice into a healing sanctuary

## **Asthanga – Iyengar yoga**

Ashtanga is a very dynamic and athletic form of hatha yoga, made up of six series or levels. We will practice a combination of ashtanga and Iyengar.

### **Ayurvedic yoga – Mind Heart Alignment, Survival to Love**

Work towards balancing the doshas through asanas and pranayama. We dedicate one or two elements every day and explain the functions of the elements in the body and the mind and how we can use the flow and breathing to bring equilibrium.

### **Bhagavad Gita**

The Bhagavad Gita – one of the oldest books on the planet – is a timeless manual that delivers a message that is relevant for each one of us. It teaches practical methods for successful living and spiritual realization and contains a detailed set of instructions on overcoming adversity and reaching your fullest potential in life. It is also a source-book for yoga and meditation.

In the 2 hour workshop, Paul and Vera will introduce you to some of the key messages of the Gita in a joyous and experiential way through yoga, meditation, breathwork, partner-work, mudras and philosophy. The workshop will be fun, interactive and informative and the aim is for participants to achieve definite practical outcomes in your daily life.

### **Brahma Yoga**

Brahma Yoga seeks to reunite us through our yoga practice to our place, presence and purpose in this cosmos. To use the body as an elemental portal to align with the absolute transcendental reality of the universe. Brahma Yoga activates the vitality that thrives through the flow of energy, asanas, movement, mantras, yantras and mudras. Brahma Yoga reminds and awakens in each of us of the yogic quest of enlightenment leading to bliss, balance, creativity, love, acceptance and freedom.

### **Chakra meditation**

means mindfully tapping into a chakra's powerful energy or healing a blocked chakras and harness the power of these energies

### **Chandra Namaskar**

A flow dedicated to the lunar, intuitive and emotional waters of your being. Complimenting our active side, this full body flow is healing, restorative, meditative and nourishing.

### **Dru Yoga and Meditation**

Dru is based on soft flowing movements, directed breathing and visualization. Dru works on body, mind and spirit—improving strength and flexibility, creating core stability, removing energy blockages, building a heightened feeling of positivity, and deeply relaxing and rejuvenating your whole being.

### **Fire Yoga**

Working with the inner fire in all asanas

### **Freedom dance**

A mix of free-flowing dance movement and simple choreography that incorporates yoga stretching with hip hop, traditional African dance (East and West African dance styles). An evening of fun

### **Hatha Yoga / Hatha Practice with Intention/ Hatha Joint Strengthening**

Hatha is a term that can encompass many of the physical kinds of yoga. If a class is described as Hatha style, it is probably going to be slow-paced and gentle and provide a good introduction to the basic yoga poses. The practice with intention will help embody the spirit of your desires as you bring self awareness and transformation into your practice. It helps you strengthen your manifesting abilities and practice Sankalp by using postures, breath work and visualization techniques. In Joint strengthening we prepare ourselves for the active days ahead

**Hatha Brahma, Venus, Mercury, Jupiter, Saturn all classes inspired on Hatha Yoga**

### **Healing Ocean Wave Flow**

A yoga flow based on the flow of the ocean waves, honoring The Yoruba Goddess of the Sea, Yemaya. Mixed with meditation, affirmation and a wave flow to inspire, support and refresh.

### **Hormonal Yoga**

The Hormonal yoga workshop combines therapeutic Dru Yoga and exercises designed by Dinah Rodrigues to balance the hormonal system. Asanas combined with breathing techniques, bandhas, mudras and visualizations work at a deep level on the four main glands of the endocrine system: the ovaries, the adrenals, the thyroid and the pituitary glands. By working with these glands, the estrogen becomes balanced and will reduce stress, emotional imbalances, complaints around menstruation, PMS, menopause, and postnatal imbalance. In short, this class is suitable for women of all ages!

### **ChakraAroma Yoga**

is a practice using yoga postures and pranayama using therapeutic essential oils to cleanse, and balance the chakras, or energy centers of the body. This practice also includes a simple guided chakra meditation practice which can be learnt and practiced on your own.

### **Japa Yoga**

Is a kind of meditation using the power and magic of Mantras

### **Ignite your Inner Fire**

The seat of our bodily power and emotional balances lies in our Hara or sacred fire centre. This power practice combines postures, massage, essential oils and breathwork. As we ignite our digestive fire, a natural nourishing occurs throughout the body which results in a deep cleanse.

### **Iyengar**

Therapeutic yoga using props, focused on mobility, stability, flexibility, strengthening, awareness, breath, posture alignments, deep tissue stretching to release tension and stiffness. The core focus will be on body/muscle tension release of back, neck, shoulders, digestive system and massaging/energizing body organs.

### **Karuna Yoga**

Karuna yoga is not just the sequencing of asanas but the flow of movement and consciousness in all aspects of life.

### **Kemetic Yoga & Afrikan Yoga**

Kemetic Yoga™ is the ancient Egyptian system of Yoga enlightenment based upon the practices of physical movements combined with controlled deep breathing and meditation. Kemetic Yoga™ emerges from the one of the oldest known civilizations which is ancient Egypt, properly called Kemet, in Northeastern Africa. Kemetic Yoga™ was

developed by studying, translating and interpreting the commonly called hieroglyphic texts of Kemet (ancient Egypt) and the images of Yogic postures that are clearly pictured on the walls of the Kemetic temples.

### **Kriyas & Bandhas**

Working with the flow of breath and our inner energy points

### **Kundalini Chakra**

This class takes us through the emotional waters of the chakras and their physical counterparts. A powerful set of kriyas and guided visualisations will leave you feeling high energy, balanced and vitalized. It also opens the doorways of deep inner knowing.

### **Kundalini Flow**

Kundalini is focused on the breath in conjunction with physical movements, with the purpose of freeing energy in the lower body and allowing it to move upwards. All asana practices make use of controlling the breath, but in Kundalini, the exploration of the effects of the breath on the postures is essential.

### **Moon & Dragon Flow**

Hatha based yoga with soft dance movements incorporated

### **Osho Dynamic Meditation**

This is a five stage active meditation involving breathing, catharsis, chanting, silence, and celebration to be performed early in the morning. The process awakens your inner energies and creates space to receive the gifts of the day.

### **Osho Suffi Dance Meditation**

a beautiful practice of breath coordinated with gurdjieff movements followed by sufi whirling

### **Polarity Yoga**

Whether we self-identify as male, female, or non-binary, we all possess a delicate balance of masculine and feminine energies. These energies are inherent to our humanity and serve as our direct connection to the forces of the divine. This practice combines yoga and polarity energy exercise with meditation to help the flow of energy within the self.

### **Practice of Intention**

Learn to weave an intention throughout your class. This practice with intention will help embody the spirit of your desires as you bring self awareness and transformation into your practice. This class will help you strengthen your manifesting abilities and practice Sankalp by using postures, breath work and visualization techniques.

Pranayama is a Sanskrit word composed from: prana meaning life force (the breath), and yama which means to restrain or control the prana, implying a set of breathing techniques where the breath is intentionally altered in order to produce specific results.

### **Qi Gong yoga flow**

A combination of the ancient practice of qigong breathing combined with fluid yoga asanas aligning breath, movement and awareness to attain mastery of one's vital energy for healing and exercise.

### **Restorative Yoga & Sound healing**

This is a practice about slowing down and opening your body through passive, supported postures

### **Shakti Spirit**

A kundalini and tantric flow of yoga to discover the Shakti energy

### **Sensory Night**

An experience to explore our 5 senses

### **Soul Flow Hatha Vinyasa**

A hatha/vinyasa practice with a focus on alignment, strengthening the joints and breathwork. The practice builds slowly, through an extended warm up sequence to a vinyasa flow that's accessible to students of all levels.

### **Sound Healing**

With voice harmonics and vow sounds

### **Surya Mantras and Namaskar**

description of the energy of the sun and chant it along with the classical hatha yoga styled surya namaskar (sun salutation)

### **SUP Yoga (paddleboard yoga)**

Yoga on paddle boards in the water, finding core strength and body toning through balance and natural flow with the elements of water, wind and sunshine. A fun challenge for the mind, body and spirit. Note: Only suitable for swimmers.

### **Thai Bodywork –Partner Massage**

An energizing and meditative form of massage therapy, Thai Massage is rooted in rhythmic acupressure, Indian Ayurvedic principles, and assisted yoga-style stretching. This moving meditation assists in relieving pain and stress, improving flexibility and joint mobility, and balancing emotions.

### **5 Tibetan**

The Five Tibetan Rites are an ancient yoga practice that consists of a sequence of five exercises performed 21 times a day.

### **Trapeze Yoga**

While many of the yoga poses we do in Yoga Trapeze look very similar to their mat-based counterparts, the dynamics are unique. The Trapeze, a therapeutic inversion device builds strength, flexibility and balance. This practice promotes a strong core and healthy back. Apart from being super fun hanging upside down, when the body is in an inverted position, more space opens between each vertebra. The trapeze is an amazing tool to strengthen and stretch your whole upper body, shoulders, arms and core. It adds in the missing 'pull' motion lacking in mat-based classes.

The trapeze is a fantastic prop that assists one to get deeper into passive backbends and hold them for longer periods of time, thus allowing for spinal decompression.

### **Vinyasa**

Vinyasa is a general term that is used to describe many different types of classes. Vinyasa, which means breath-synchronized movement, tends to be a more vigorous style based on the performance of a series of poses called sun salutations, in which movement is

matched to the breath. The practice is appropriate for students of all levels, from beginner to lifelong practitioners.

### **Vinyasa Dance flow**

A mix of free-flowing dance movement and simple choreography that incorporates yoga stretching with hip hop, traditional African dance (East and West African dance styles). Using asana to move into dance combinations as well as the structure of the yoga practice which involves attention to breath, meditation and savasana at the end with a dynamic thread of yoga-styled dance woven through the practice.

Asanas are used as the vehicle to move into dance combinations as a moving celebration of the whole person by releasing into yogic dance

### **Warrior flow**

This sequence brings in power, strength and focus into your practice.

### **Yin or Yin-Yang Yoga or 5 elements Yin & Yang Yoga,**

Yin-Yang yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time.

5 elements takes you on a journey through the elements earth, water, fire, air and space. Yin yoga represents the soft feminine aspect of the elemental energy. Yang yoga represents the strong masculine aspect of it. By practicing 5 elements Yoga we balance our energy and bring it back into harmony. We release energetic blockages and move back into our natural flow of truly being ourselves. We work along the TCM meridian lines and nourish our body, mind and soul with fresh and new energy.

### **Yin Dance**

A slow paced grounded flow that leads into the stillness of the yin poses

### **Yogacoustic**

Yogacoustic is an improvised, corporal-auditory conversation between live musicians and yoga practitioners. The music guides a vinyasa-flow yoga practice facilitated by Salim. Improvisation amongst students is always encouraged.

### **YogaCore –**

a fluid imaginative movement through strength and core building asanas, engaging in pranayama breath. A fun class with a touch of challenge.

### **Yoga Nidra**

is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions. This state of consciousness is different from meditation, in which concentration on a single focus is required.