CLASS DESCRIPTIONS

Children, Family & Youth Classes

What is Yoga?

Yoga is the study of self-development and self-awareness of body, breath and sound — a science of personal union, balancing body, mind, and spirit.

Yoga teaches us to steady the mind, and emotions while awakening the awareness of subtle, intuitive and peaceful qualities of the heart. Yoga is a universal approach to inner peace, clarity, and courage. It is compatible with all spiritual traditions, religious faiths, yoga provided tools to experience inner balance.

Kundalini Yoga for youth uses specific techniques to assist the development of physical health, anger, and stress management, tolerance and courage. Yoga brings harmony and balance to the body’s circulatory, lymphatic, nervous, respiratory, muscle-skeletal, spinal, endocrine, digestive, immune, and immune systems, giving children the emotional stability to respond to life challenges with confidence and self-control. Meditation bring stillness, clarity and focus to the mind, stimulating psychological and social well-being critical to living a successful life, while moving through life’s stages and challenges.

Each class involves discussion, yoga games, postures and movement, deep relaxation, and meditation.

Adult Classes

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the*kriyas* are a specific set of exercises that generate energy, organize that energy and deliver you to a specific energetic state — particularly one of greater awareness.

Kundalini Yoga is also called the "Yoga of Awareness". It is ideal for people in the prime of their lives, because it helps to meet the daily demands and challenges actively while staying calm and balanced. The aim of this comprehensive self-training is the harmonization of body, mind and spirit through posture and movement, concentration, focus and meditation, conscious breathing and sound (mantra).

What Can Expect in a Typical Class?

A typical part of Kundalini Yoga is a dynamic or flowing exercise series, beside quiet posture-holding exercises and versatile meditations, which are often also applied to Mantra music. The life energy is brought to flow. This can lead to greater vigor and more awareness in everyday life and a more conscious and healthy dealing with one self and others. Kundalini Yoga is not dogmatic, but impact-oriented, full of meditative elements and techniques that can be directly integrated into practical, everyday life.

Modifications will be offered, and chairs are available for use as needed

Specialty Classes:

**Equine Yoga!**

Learn postures, dynamic movements & breath techniques to assist riders with posture, flexibility, and strengthening.

**Couples Yoga:**

Explore the practice of kundalini yoga as partners. Venus Kriyas are a tool to blend the masculine and feminine polarity energies for spiritual growth. The focus stays at the heart, projecting love and caring, with the highest good for both. These practices expand the higher centers. Couples can experience enhanced trust and intimacy.

Seniors Classes:

Are you interested in Yoga for Seniors? Would you like to do yoga, but you can't sit comfortably on the floor? Do you have a condition or disease that limits your mobility?

In this class the most popular kundalini yoga poses, and exercise sets are adapted to suit your needs and abilities.

Kundalini Yoga can help you to minimize the unwelcome symptoms of declining physical activity and to perceive the aging process as a benefit, a stage of maturation, which opens you up to a transformation from sheer physicality to powerful wisdom and insight. The concept is based on two pillars – the physical and subtle.

On the physical level, the five main objectives are: an upright and flexible spine, a stable pelvic floor, deep breathing, and balance and coordination skills. Progress in these areas is a guarantee of quality, as you grow older.

At a subtle level, helps you to align and renew your life in relation to the changing conditions and challenges of the aging process. The wide range of meditations found in the teachings of Yogi Bhajan offers the perfect tools for “aging successfully.”

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