

# Vinyasa

## Yoga



### Important Information

Vinyasa Yoga classes involve a variety of poses with a focus on coordinating movement with the breath and helps improve flexibility and strength.

In a Vinyasa Yoga class you can expect a dynamic, flowing style practice with a different mix of poses (asana) each time, with a focus on coordinating movement with the breath. The breath is given primacy, acting as an anchor as you flow from one asana to the next.

The flowing element of moving from asana to asana gives a rhythm and playfulness to the practice, builds heat and encourages you to quieten the mind and focus.

#### Some of the benefits of Vinyasa Yoga practice include:

- Calming and meditative practice assists with the reduction of anxiety, stress and "noisy mind"
- Greater flexibility and joint mobility
- Improved core strength and balance
- Muscular conditioning
- More dynamic flows will build heat and lift the heart rate

Ask at reception or call today on [08 9382 9600](tel:0893829600)

#### Classes

Saturday 9.30pm-10.30am

#### Price

Single visit \$25  
10 class pass \$220

#### Bring to class

Yoga mats are provided.

#### Arrival at class

Please arrive 10 minutes early for your class.

#### Eating before class

It is recommended not to eat at least 90 minutes before class. If you do need to eat, make it a light snack only.

