



WELLNESS

YOGA

at The Yard

CLASS DESCRIPTIONS:

All classes have a strong focus on breath work and stress reduction. You can also expect the physical side to be strong and satisfying. Each class will challenge you as we strengthen, lengthen, workout and move through the whole body. There is something for everyone.

SLOW YOGA FLOW:

Beginners Class: A great class to learn the postures of yoga, and how to start moving from posture to posture to obtain a slow and steady flow of breath to movement.

YOGA FLOW:

Intermediate Class: In this class you will really get into the flow of movement to breath, by working through a series of yoga sequences throughout the class. The class moves at a moderate pace and aims to up the heart rate.

POWER YOGA:

Advanced Class: A high energy, fitness based approach to yoga flow, done in a warm room of at least 32 degrees celsius. All the same benefits of Yoga, but be prepared to sweat.

YOGA FOUNDATION:

All Levels: This class moves through various yoga postures, without a flow and focuses on strengthening the body using your own body weight. It is a great place to learn Yoga, but also to really start to work into your muscle endurance and strengthening.

YOGA DEEP STRETCH:

All levels: The best place to relieve a stiff and sore body. This class focuses on holding stretches for long periods of time, to work deeply into the muscle groups. Expect to feel very relaxed.

BIKRAM STYLE YOGA:

All Levels: A set sequence class that runs through 22 set postures, each and every week. The class is given in a warm room of at least 32 degrees celsius and follows the well known Bikram sequence.

ASHTANGA SET SEQUENCE:

All levels: A great class to mix things up. This class has a great combination of Slow Flow and holding postures. A great way to experience all aspects of yoga.

SENIORS CLASS:

Seniors: A class specifically formulated for Seniors with a focus on lengthening and strengthening the various muscle groups. We cater for all different kinds of injuries and limitations.

JUNIOR YOGA:

Moms & Juniors: An afternoon class to give school-goers a change to experience yoga, enjoyed with a parent or on their own. Kids must be over the age of 10.

YOGA WEEKLY FITNESS SCHEDULE:

TIMES	MON	TUES	WED	THURS	FRI
06:00		Flow		Flow	
08:00		Power		Power	
09:00	Flow	Foundation		Foundation	
10:00	Senior				Set Sequence
11:00			Flow		Deep Stretch
15:00				Junior	
17:30	Power		Power		
18:30		Deep Stretch	Slow Yoga Flow	Bikram Style	

MEMBERSHIP COSTS:

First class: Free (residents only)

Assessment: Free (residents only)

Drop in class: R150

5 class package: R700, valid for 1 month.

10 class package: R1200, valid for 1 month.

Unlimited Monthly: R950, per month on a 12 month contract.

Private class in studio: R350

