



**Enthusiasm**

**Energy and Vitality**

**Let your Mondays start  
with inhaling future and  
exhaling past**

**MONDAY**

**Class brings enthusiasm by  
heart openers and keep you  
boosted with energy for a week  
ahead**

**Tapas**



**Strength**

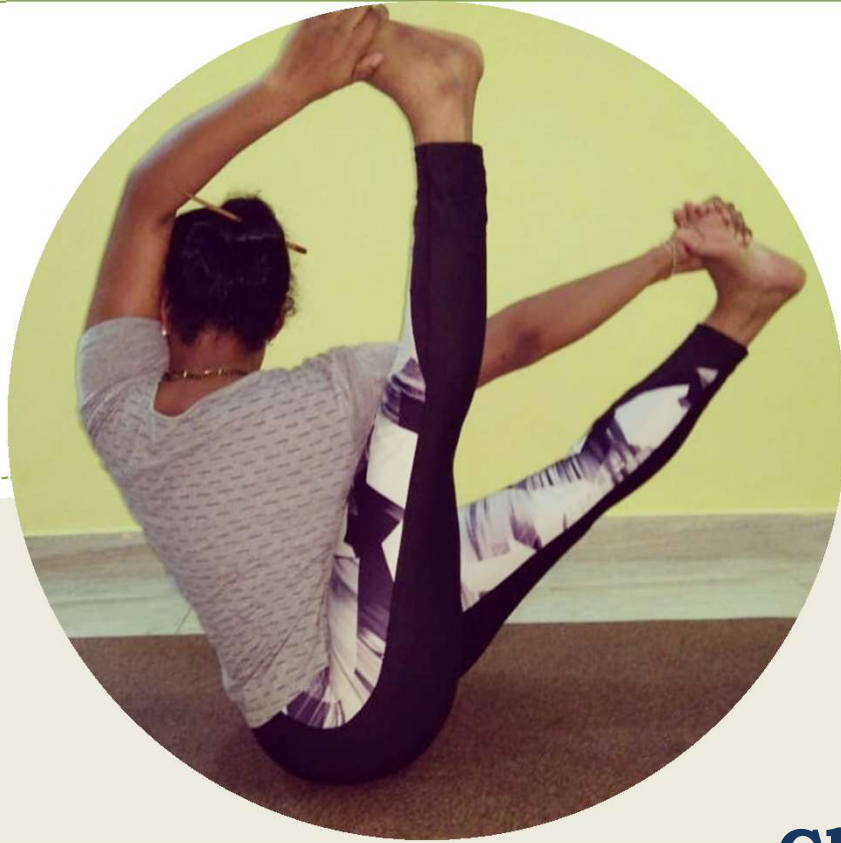
**Power and strength**

**Build your strength and  
believe in your own  
potential**

**TUESDAY**

**Class focused on an intense practice  
challenging your own limits to burn  
those extras with the joy of gaining  
strength with vinyasa.**

**Samartva**



## **Practice**

**The very heart of  
yoga is Abhyasa**

**Steady effort in the direction  
you want to go**

**WEDNESDAY**

**Class will be working on your  
physical, mental and emotional  
body with the flow of guided  
asana movements and breathing  
techniques**

**Abhyasa**



**THURSDAY**

**Agni**

**Fire**

**Core strength,**  
**metabolic fire**

**Yoga is essentially a practice  
for your soul working through  
the medium of your body**

**Class focuses on setting up  
digestive and metabolic fire  
high, gear up the Gutt health,  
building strength**

**Balance**

**Focus, Equanimity**



**Quiet your mind and  
focus just on you**

**FRIDAY**

**Class focuses on making your body  
still with peace at mind. A gentle  
Hatha yoga flow brings stillness,  
focus and balance in the body and  
mind.**

**Samatva**