



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

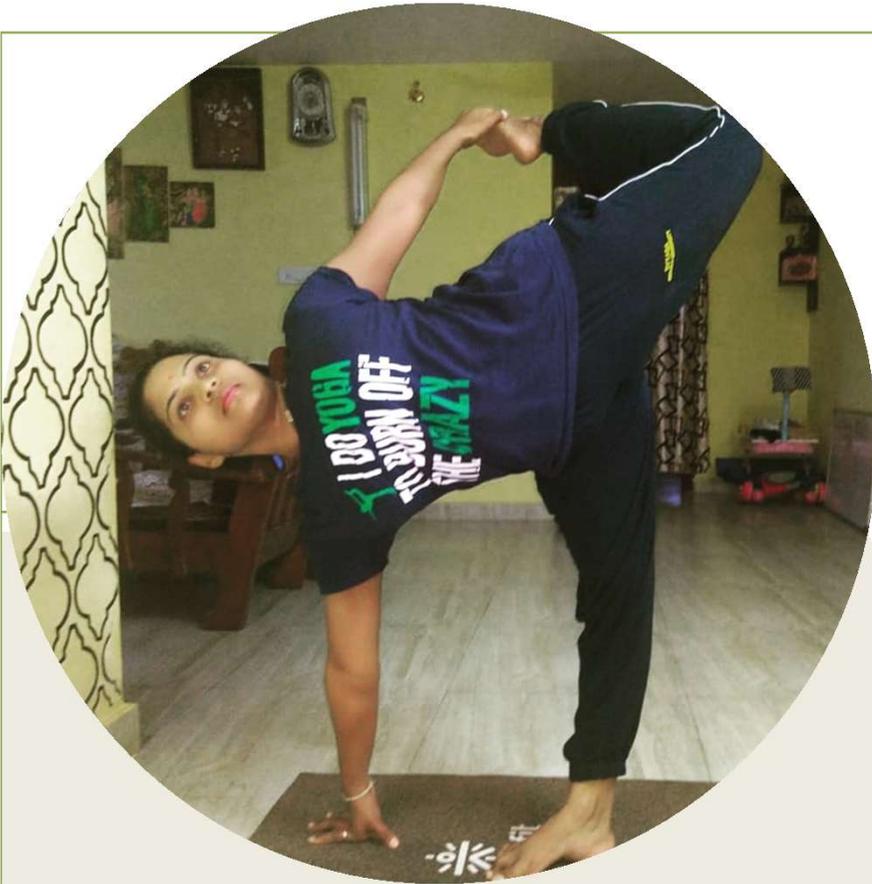
Agni

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

Samatva

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.