



AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.30 – 8.30 Sunrise Yoga Jane	07.30 – 8.30 Awaken Yoga Jane	12.30 – 13.30 Yin Yoga Jane	7.30 – 8.30 Pilates Josephine	07.30 – 8.30 Awaken Yoga Jane	11.15 – 12.45 Restorative Yoga Jane	
12.30 – 13.15 Energising Bootcamp Andrea	12.30 – 13.30 Yogalates Josephine	18.00 – 19.00 Yoga basic Reanne	12.30 – 13.15 Energising Bootcamp Andrea	12.30 – 13.30 Flow & Mindfulness Josephine		
18.00 – 19.00 Hatha Flow Yoga Reanne	18.00-18.45 Energising Bootcamp Andrea		18.00 – 19.00 Yin Yoga Reanne			

Class Descriptions

Energising Bootcamp

High intensity level to ensure fat burning effect. With this class you will build not only a strong body but a good cardio level.

Pilates

This class is perfect for those who sit at a desk all day and need to realise tension from the shoulders and protect the lower back. Using a range of gentle remedial but challenging movements that relieve shoulders and back pain.

Flow & Mindfulness

A blend of Dynamic Yoga and Mindful Meditation. This class offers a strong vinyasa power flow, deep stretches and a rejuvenate guided mindfulness meditation. No experience necessary.

Yoga Basics

For those new to yoga this class begins with the basics; postures and breathing techniques. Emphasis is on personal instruction and provides a solid foundation before embarking on further yoga disciplines.

Hatha Flow Yoga

Promoting harmony and balance for body, mind and spirit, this yoga class integrates postures with breathing exercises, relaxation and meditation.

Yin Yoga

A stilling, relaxing and meditative practice. Yin Yoga focuses on releasing the connective tissue within the body. Typically postures are held for longer periods with the use of props for support. Suitable for all abilities.

Restorative Yoga

Restorative Yoga is a passive form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

Sunrise Yoga

Begin the day by realigning your mind and body with yoga at sunrise. A series of postures known as asanas flow dynamically together to strengthen, stretch and relax.

Awaken Yoga

Awake your body with gentle flow yoga poses, stretches and energise your mind for a mindful start of the day.

Classes must be pre-booked, click [here](#) to schedule a class.

Please be mindful of the social distancing, a limited amount of guest can attend to the classes.