

## CLASS DESCRIPTIONS

**Kundalini Yoga** includes all elements of the ancient teachings of yoga: Asana (postures), Pranayama (breathing techniques), Mantra (sound), Mudra (hand positions), and Meditation. These aspects are combined into series of exercises called Kriyas. Some Kriyas are dynamic and energetic, others are slow and meditative. Kundalini Yoga develops flexibility, tones muscles and strengthens the nervous, glandular, and immune systems. It increases mental energy and gives you a deep inner calm, strength, and grace. This ancient system draws upon a vast body of teachings brought to the U.S. by Yogi Bhajan. All levels

**Hatha Yoga** is a form of yoga that uses posture and breathing methods as a means to health and well-being. Postures include seated, standing, reclined and inverted. Students are encouraged to progress at their own level. Suitable for everyone.

**Meditation & Kriya:** Self healing through creative meditation. Meditation is activity which links you with infinity.

**Iyengar Yoga** is simply meditation in action. Mr. Iyengar at the age of 91 continues his practice of asana and pranayama. He pioneered the use of props: blocks, straps, blankets etc. Props enable us to do a pose with right actions and gain the benefit of the an asana or pose despite a dis-ease or physical constriction. All levels.

**Tai Chi** is a moving meditation where we experience the flow of energy within and around us. Chi flow in the body follows the path of the nervous system, vascular system and meridian lines. As we cultivate this supreme, ultimate energy we become perceptively in tune with our body and mind.

**Vinyasa** is a flowing sequence of poses (asanas) which link breath and movement. Learn to utilize the breath as a harness to join the body, mind and spirit. Class introduces the classic series of postures known as the Sun Salutation. The room is heated 75 - 80 degrees.

**Morning Sadhana** is held everyday at the Ashram. It is free of cost and open to all. Monday - Friday Sadhana begins at 4:00 AM. On the weekends Sadhana begins at 5:00 AM. On Sunday there is live music.

**Meditation** for All will help you learn to meditate and achieve a sense of inner peace. Meditations in this class are from the Kundalini tradition as taught by Yogi Bhajan.

**Resistance Stretching** incorporates sixteen different types of stretches. Each stretch is uniquely defined by bone rotational inter-relationships and specific muscle groups. Each type of stretch provides the best leverage to stretch individual or synergistic groups of muscles. This system embodies a balanced approach to physical and mental fitness.

**Qigong** is an ancient healing exercise used to increase energy flow combining physical movements with breathing, massage and meditation. Practicing Qigong helps one to gain balance, focus, strength, flexibility; build the immune system and reduce stress.

**Gentle Yoga:** Unwind and release your day with a gentle class that will follow the energy of modified postures that are cooling, calming and nourishing. An ideal practice for the close of your day.

**Liberation from Suffering:** In this class you will learn how to untangle from the hooks of sickness and scarcity. Using Ayurvedic principles and Kundalini Yoga meditation, discover the divine nutritive essence of Grace's gift carried along with each of the stories within our lives. You will spend some time in meditation, some in lecture, and some in individual application of the techniques learnt together.

**Yoga and Healing:** Each week experience a blend of yoga and energy healing techniques; gentle yoga for relaxation and/or Kundalini yoga kriyas and meditation with a combination of visualization and hands-on lightwork for clearing, grounding, and connecting body, mind, and spirit.