



yoga spectrum

unity in diversity

offers: yoga alignment, yoga for divers, yin yoga

YOGA ALIGNMENT

More of a technical yoga class for learning how to align the body properly. We will lean on the Anusara Yoga system with its 5 alignment principles (and 7 loops).

LOCATION



SCHEDULE



YIN YOGA

Yin Yoga is the antagonist to yang yoga, dynamic yoga. In Yin Yoga we stay in the postures much longer (3-5 min) in order to stretch the deep fascia. Most of the time, Yin Yoga classes are way calmer and more relaxing as the yang yoga ones.

YOGA FOR DIVERS

Continuous yoga classes for divers over 90 minutes with special exercises for the torso and breathing techniques.

PRICE



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