

# Yoga Class Descriptions

## Aerial Yoga

In Aerial Yoga the postures are practiced with the support of a hammock which allows you to experience a floating feeling of freedom and weightlessness. The weight of the body is either partially or fully supported by the fabric which takes pressure off the spine and joints. Aerial Yoga helps to increase your flexibility, develop strength and increase your breathing capacity.

## Hatha Yoga

Hatha Yoga blends physical postures, breathing techniques and meditation into a well-rounded practice. You will stretch and strengthen your body and learn to focus your mind. The slower pace of the class gives space for exploring the proper alignment of each pose and for harmonizing the connection between body, breath and mind.

## Vinyasa Yoga

This flow type of class is connecting poses in a progressive way with a fluid sequence, with a stronger focus on sun salutations, standing and balancing postures. The breath is acting as an anchor as you move from one pose to the next. Vinyasa Yoga helps to increase breath and body awareness while you develop strength and flexibility in a playful, dynamic way.

## Gentle Flow

This class type is a bridge between the slower paced Hatha Yoga and the more dynamic Vinyasa or Ashtanga Yoga classes. This class includes gentle movements connected to the breath, various stretches as well as opportunities for stillness and reflection.

## Ashtanga Yoga

This class is following the traditional sequence of postures developed by Pattabhi Jois from Mysore, linking the postures together in a flow. It is a stronger and dynamic form of Yoga which includes breathing techniques, alignment focus and bandhas (energy locks) into the practice.

## The Secret of Kundalini Yoga

Kundalini Yoga is called the Yoga of awareness. This powerful tool is designed to give you an experience of reconnecting to your soul and to the universal creative power. In Kundalini we harness the mind and body, consciously combining breath, sacred gestures (mudras), eye focus, energy locks (bandhas) and postures to balance the glandular and nervous system, expand lung capacity and clear mental patterns.

## Osho Kundalini Meditation

The Kundalini Meditation is a dynamic form of meditation accompanied with music created by the famous Indian spiritual master Osho. The four stages of this 60 minutes practice are shaking, dancing, stillness and relaxation. When we include physical movement into the meditation, it can help to release tension in the body and clear the mind.

## Healing Pranayama Yoga

You are going to learn to activate the three different energies within your body (fire - water - wind energy) by various breathing techniques and postures that help to maintain or regain physical health, rebalance your energies and increase your life energy (prana).

## Yin Vinyasa

This class includes both a dynamic sequence of Vinyasa Yoga as well as a calm practice of Yin Yoga. Vinyasa is characterized by smooth, seamless movements from one pose to another in coordination with the breath, which gives plenty of space for creativity and dynamic. All kinds of dynamic yoga styles with focus on movement and physical strength are classified into "Yang" Yoga practices. On the other hand, when we practice in a calm way of holding postures for several minutes in stillness with a meditative approach, we call it Yin Yoga. This class honours both aspects of Yang (active, strength, movement) and Yin (passive, relaxation, stillness) in order to balance our internal energies and gain the abundant benefits from Yoga practice for holistic health and well-being.

## Prana Flow

Yoga is the interconnection between your body, mind and soul through breathing and poses. In this class, the focus on proper breathing will bring more awareness, internal calmness and increase your energy (prana) into higher levels of consciousness. Correct and aligned poses in the sequences bring more health benefits, self control, balance and confidence.

## Yin Yoga / Candle Light Yin

In Yin Yoga the postures are held for several minutes in stillness with the support of props and bolsters, thus addressing the deeper layers of the connective tissues and the energetic pathways of the body. The long held deep stretches improve flexibility and stimulate the energy and functions of the organs. This med-

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itative way of practicing allows you to go on a journey within and complement your active lifestyle and other dynamic yoga practices.

## Healing Flow

This class is a combination of breathing exercises (pranayama) and physical postures (asanas). The Healing Flow class is designed to build internal heat, increase life force (prana) and uplift spiritual energy with breathing techniques such as kapalabhati and controlled breath retentions. The pranayama is then integrated into the sequence of asanas. The practice becomes a healing practice, as it helps removing energy blockages and as it addresses the body, breath and mind at the same time.

## Mindful Yin

The yoga poses in this class are held for 3-8 minutes and include mindfulness practices. You will bring your awareness to the present moment in a non-judgmental and conscious way while you are holding the poses in stillness. It is not actually a time to figure things out, but a time to notice what kind of thoughts, sensations and emotions are present. Coming back to the present moment is the heart of mindfulness.

## Water Healing Workshop

In this group class you experience floating someone and being floated in the warm water pool. The sensation of floating on the water surface can help you to let go completely, release stress and nurture yourself on a deep level. You will be safely guided how to support the floating with gentle stretches, massage and being present. Both the receiving and giving is a meditative experience that will instantly bring you back into the present moment.

## Water Yoga

The Water Yoga class is taught in the 35° (95 °F) warm water pool. The weightlessness and flow that you experience practicing Yoga in water will allow you to find a new sense of softness and fluidity in your body. Poses that require a great amount of strength and balance on land will become easy and graceful when you practice them in the water. The stretches in warm water will also help you to open your tissues in a gentle way.

## Water Aerobics

Water aerobics uses the natural resistance and buoyancy of water against your body with a playful workout sequence. The exercises, some of them practiced with foam noodles, provide a gentle cardiovascular training and tone the major muscle groups of your body. It is a fun workout and cooling off in the pool at the same time.

## Pilates

Pilates is a form of exercise that emphasizes the balanced development of the body through core strength, flexibility, and body awareness to support functional, graceful movement. The main target areas are the deep internal muscles of the abdomen and back, helping to create stability in the torso, improving our posture and allowing the body to move freely and efficiently.

## AcroJam

Acro Yoga combines yoga postures with acrobatic partner play. One partner is lying on the floor as the base and the other practices poses and transitions on top. The work with a partner helps to improve strength and balance as well as building trust. The AcroJam is an open

class where you can come with your partner for practicing or make new friends while trying out some of the Acro Yoga basics.

## Ecstatic Dance

Ecstatic dancing is a collective practice has been cultivated throughout human history. Dancing to music is very grounding and uplifting, especially when you do it together with other people. Ecstatic dance events are differentiated by being a talk free space. The music that is offered by our live DJ ranges from electronic dance music to World Music with a wide variety of musical genres. You won't be guided how to dance, but rather you are invited to feel how your body wants to move in its own unique way.

## MORE INFORMATION

### CLASS RATE PACKAGES

1 Class	Rp. 130.000
6 Classes	Rp. 660.000
12 Classes	Rp. 1.200.000
20 Classes	Rp. 1.800.000

\*All Yoga Classes are Free for our Hotel Guests !

**Private Class, Water Healing & Spa Treatments are available for further info please contact**  
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