

Spring Series

As Spring awakening begins to take hold of the natural world around us, we too begin to release ourselves from winters icy grip. Together we will use foundational movements of yoga , Meditation and Intention setting to shake of winter's icy grip.

Keeping with the theme of spring awakening this series follows the metaphor of the Flower. First the ground thaws and one is able to **SOW** the seed, then the seed gives birth to a **SPROUT** which bravely presses pass its heavy dirt ceiling, once the small sprout begins getting light it is able to **ROOT** down into the earth, finally the flower can **BLOSSOM**. I invite you to tend your soil so that your garden can grow.

Suitable for all levels. Please note this series is focused on the foundational movements of yoga, basics of meditation and intention setting in a safe environment. Each class will be 75 mins [5 mins of centering & intention setting; 60 mins of movement; 10 mins of post movement meditation/reflection].

Sow

Week 1 - Wed Apr. 13
7pm

Restorative Flow:

- Slow & Gentle restorative for 5 or more breath cycles
- Focused on forward folds
- Body Scan

Sprout

Week 2 - Wed Apr. 20
7pm

Yin Flow:

- Static Stretching; less postures held longer with the support of props or the wall
- Focused on Side bends. You might hold a pose for 4-5 or more cycles breaths.
- Yoga Nidra

Root

Week 3 - Wed Apr 27
7pm

Slow Flow:

- controlled movements paired with the breath; holding posture for 3-4 breaths.
- Focused on back bends

- Loving Kindness meditation

Blossom

Week 4 - Wed May 4.

7pm

Flower Flow:

- intermittent dynamic movements combined with some static stretching in restorative postures.
- Focused on twists.
- Ra Ma Da Sa / healing mediation