



COSMIC

Yoga Studio

INTRODUCTORY OFFER 5 CLASSES FOR \$40

Yoga for Health, Consciousness, Agni (Digestive Fire), Prana (Life Force), Kindness, Resilience, Peace & Lean Muscle.

	MON MOON INTENTIONS	TUES MARS ACTION	WED MERCURY INTELLIGENCE	THURS JUPITER EXPANSION	FRI VENUS LOVE	SAT SATURN REFLECTION	SUN SUN STRENGTH
6 - 7 AM	Cosmic Flow 2		Cosmic Flow 1		Yoga Conditioning		
8 - 9 AM						Cosmic Flow 2	Cosmic Flow 1
9:30 - 10:30 AM	Cosmic Flow 2	Cosmic Flow 1	Cosmic Flow 1 Slow Flow	Cosmic Flow 2	Cosmic Flow 2 Slow Flow	Cosmic Flow 2 Slow Flow	Cosmic Flow 1
4:30 - 5:30 PM					Recovery		Attune
6 - 7 PM	Cosmic Flow 2 Prenatal Yoga*	Cosmic Flow 1 Slow Flow	Cosmic Flow 1 Aerial Yoga*	Cosmic Flow 2 Posture Lab			
7:30 - 8:30 PM	Recovery	Attune	HIP HOP FLO	YIN Yoga			

Class bookings are essential. Visit www.cosmicyogastudio.com.au/timetable to sign up.

*Prenatal & Aerial Yoga offered as workshops and courses. Email namaste@cosmicyogastudio.com.au for upcoming dates and details.

Posture Lab – Beginners Yoga (Unheated): Posture Lab is a B.K.S Iyengar style class with an emphasis on alignment. Posture Lab introduces the student to a modified Surya Namaskar, pranayama techniques and the Bandhas (energetic body locks). It is slow with specific instruction, providing multiple opportunities to refine and go deeper in the common poses. The perfect place to establish a practice (sadhana), Posture Lab offers a more traditional style of yoga. Develop a wealth of knowledge, allowing you to segway into a more dynamic vinyasa style of yoga, if you choose. Ideal for all ages and abilities.

Slow Flow – Heated & Unheated: Slow Flow calls on the fluid intelligence of the body – think gliding through honey! Movement in and out of poses are able to be taught with more specificity and postures are held for longer, making it possible to feel into sensations with awareness. The slow nature of this class is what makes it suitable for both beginner and advanced yogis. Allowing students more time to suitably evaluate makes it a more sustainable practice. It can be hard to 'go slow' when so much of our programming is to 'go fast'. However, getting comfortable with this quieter pace can lead to strength, stability and an affection for one's body as well as an appreciation for the things it can do. Available in both the heated and unheated rooms. Modification offered.

Our signature Cosmic Flows are modern Vinyasas, drawing predominantly on the work of Pattabhi Jois (Ashtanga). Cosmic Flows are dynamic & practiced in a heated room. They are a YANG style of class, with an emphasis on channelling energy and improving one's focus. Be prepared to lift your heart rate.

Cosmic Flow 1 – Heated: There is an evenness to Cosmic Flow 1, that brings about a feeling of arriving home. Opening with philosophy and wisdom, pulled from the Sutras, Cosmic Flow 1 works towards a peak pose. Some repetition of Surya Namaskar, enables a point of reference and awareness, making it more than just a work out. Here you will have the opportunity to experience your unique expression of a peak pose, such as, backbends, inversions, splits and arm balances.

Cosmic Flow 2 – Heated: Cosmic Flow 2 elicits a feeling of calm, strength and fluidity. In this class, various methods of pranayama are employed to create clarity of mind and intention. Through awakening the core, you will set up for an aware practice, with particular attention to chaturanga. Opportunities will be available throughout to build strength and resilience, utilizing longer holds and mindful transitions. Building a creative sequence and finally flowing to a peak song, a sense of connection can be felt thanks to moving rhythmically and in unison with one another.

Yoga Conditioning – Heated: A 1hr session of strength training & functional mobility with the mindful principles & breathing techniques of yoga concluding with restorative recovery. The class is intended to increase overall fitness, body & mind awareness, range of motion & aid in recovery.

Attune: A 20/20/20 style class, incorporating Vinyasa, YIN and Yogic relaxation. An all round practice which builds heat in the body, works deep into the muscles and finishes with a restorative yogi sleep or a meditation to reset the mind & body.

Recovery – Heated: A weekly wind down, ideal for athletes and individuals engaging in other vigorous forms of exercise. Elements of roll & release, slow flow & YIN yoga. Think muscles melting off the bone.

YIN Yoga: Yin Yoga is a softer, more traditional style of yoga and compliments a stronger, dynamic practice. It involves long holds of 3-5 minutes, designed to improve connective tissue (tendons, ligaments & fascia) and flow of energy. All the great systems of the body are ensheathed in connective tissue, a web-like communication network, which tells the cells how to function in response to various forms of tension, compression and movement. Yin poses create and maintain moderate levels of stress on the connective tissue, in order to create strong and flexible joints with greater range of motion. Understanding life force, known as chi/prana, as well as channels called meridians/nadis, is an essential component of Yin. The power of yin is in time, rather than muscular effort. Yin yoga cultivates patience, gratitude and contentment – teaching you to relax and let go. A highly therapeutic class – suitable for everybody.

Hip Hop Flo – Heated: A heated vinyasa to Hip Hop, RnB and Reggae beats that are sure to release inhibitions. This mid week reminder to have fun will leave you feeling high on life.