



Yoga Veda Community Online Sessions (Invite Only)

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am (1 hr)	Intermediate Ashtanga Yoga	7 am – 7:30am Core Connection	Intermediate Ashtanga Yoga	7 am – 7:30am Core Connection	
7:45 am- 8:30 am (45 mins)	Pranayama, Meditation & Mantra	Early morning Energising Vinyasa Yoga	Pranayama, Meditation & Mantra	Early morning Energising Vinyasa Yoga	Yin /Hatha Yoga & Relaxation
9:00 am -9:45 am (45 mins)		Restorative & Relaxation Yoga		Chat & Cuppa	Restorative & Relaxation Yoga
7-30 pm 8:30 pm (1 hr)	Yin / Hatha Yoga & Relaxation		Yin /Hatha Yoga & Relaxation		

Ashtanga Yoga- Ashtanga is based on ancient yoga teachings. Brought to the west by K. Pattabhi Jois descended from his teacher T.Krishnamacharya. This is a rigorous style of yoga that follows a specific set sequence of postures. Suitable for intermediate levels

Vinyasa Yoga - A series of asanas, with a focus on the flow of transitions and connections between the poses. Suitable for all levels & beginners

Yin & Hatha - A practice that focuses on deep tissue stretching, with longer holds of the asanas. - A slower-paced movement through the asanas. Suitable for all levels & beginners

Restorative - A slow asana practice, that focuses on relaxation and stretching rather than an active workout. You will need props for this session - a strap, 2 cushions, 2 square yoga blocks (if possible) and a couple of cosy blankets. Suitable for all levels & beginners

Chat & Cuppa – All welcome to hook up with our YVUK online community chat – for a chin wag – suggested topic: Wellbeing

Pranayama, Meditation and Mantra Bringing together the mindful application of various breath, meditation, and mantra techniques. Suitable for beginners. Comfortable chair or seating cushion required.

Core Connection 30-minute mat session exploring the deeper abdominal muscles and movement with effective breath control. Suitable for all levels

14 different weekly sessions to choose from. All designed to create a supportive Yoga Veda Community