

**Pranasya Yoga**  
**Class Timetable & Class Descriptions**  
 All classes are for one hour  
 (Bookings Required for all Classes)

<b>Class Timetable</b>						
<b>Times</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8.00am</b>						<b>General / Dynamic</b>
<b>8.45am</b>			<b>General / Dynamic</b>			
<b>9.30am</b>						<b>General / Beginners</b>
<b>10.00am</b>	<b>General / Dynamic</b>			<b>Gentle / Therapeutic</b>		
<b>6.30pm</b>	<b>General / Dynamic</b>		<b>General / Dynamic</b>	<b>General / Dynamic</b>		

<b>Type of Class</b>	<b>Description of Class</b>
Gentle / Therapeutic Class	This is gentle asana (posture) class with breathing techniques and relaxation. This would suit people that have never done Yoga before and/or want something gentle. You may be recovering from illness, have movement restrictions, pain or just prefer a nice gentle relaxing class. This class is also suitable for seniors.
General / Beginners	This class is best suited for people that may have some stiffness, restriction in movement, want to start with a class that is not too strenuous or just prefer a general class that is not too challenging. Includes basic asanas linked with the breath. Also includes pranayama techniques and some relaxation depending on class.
* General / Dynamic Class	Primarily an Asana (posture) based class using the breath to link movements within postures and sequences. Each class is different and designed with a goal in mind and explores different asana's and the effects on the body, breath and mind. This class is suitable for people that are reasonably healthy and is designed to suit the group with variations offered when needed. The classes generally finish with some Pranayama (breathing techniques) and depending on the class maybe some relaxation.

\*The classes advertised as General/Dynamic are structured to suit the students attending therefore will vary from general to more dynamic depending on suitability.