

Yoga Vibe flow

A blend of my favourites yoga styles, most similar to vinyasa flow. I teach through modification as I believe Yoga should be available to every'body' so even complete beginners can benefit immediately, regardless of level of fitness & flexibility, which of course develops with practice. Connecting movement with breath, an effective way to work'in' & release stress physically and mentally.

Starting with meditative breathwork and onto a gentle mindful warm up to ease physical tension & create the mindspace best to enjoy the experience: being fully present. Flowing into the peak of the practice combining yoga asana with breath, balancing, strengthening, stretching into a blissful state of consciousness. Mind, body, breath connection. Slowing into more mindful movements to close the practice with the ultimate yoga posture: savasana (more on this below!)

The pace and level of Yoga Vibe Flow varies according to group ability and energy, sometimes there be will specific themes set such as De-stress: release & recharge / Easing anxiety: transforming worriers into warriors! / and my personal favourite Self Care: nourishing mind & body with love & respect.

Mostly you will only need a yoga mat (or a flat non-slippery surface) and a firm cushion or a folded towel is recommended for a more comfortable 'seat' to elongate the spine with more ease to the hips and knees. Sometimes you'll need a scrap bit of paper and a pen if we are doing a self care exercise of which I'll inform you in advance. If you use other props within your practice anyway then feel free to use them during this class. We all have different music tastes and seeing as music cannot be heard well from the 'host' side of video conferencing, I invite you to play anything you feel like, personally my music ranges from the ocean waves crashing against the shore (my favourite sound) to a fairly energetic play list. For these classes anything you enjoy relaxing to is absolutely fine, if you have a spare device for music that is. Class will be just under an hour (so Tenerife based yogis that attend 6pm classes can join in with the applause for frontliners at 7pm should they wish).

I hope to welcome you to Yoga Vibe Flow soon!