

Xmas & New Year 2020 Schedule

pukekohe yoga



Holiday Vinyasa Flow practice The benefits of practicing in this way; Increase your circulation. Lengthen and tone your muscles. Meditation in Action. Mood booster. In and out in one hour so you can get on with your holiday.

DAY / TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1 23 rd - 29 th Dec	Morning 8am-9am • Backbend • Core flow class 23 December	—	—	—	Morning 8am-9am • Forward Bend • Twist flow class 27 December	—	—
Week 2 6 th - 12 th Jan	—	Morning 9am-10am • Backbend • Core flow class 7 January	Evening 5:30pm-6:30pm • Forward Bend • Twist flow class 8 January	Morning 9am-10am • Backbend • Core flow class 9 January	—	Morning 8am-9am • Forward Bend • Twist flow class 11 January	—
Week 3 13 th - 19 th Jan	—	Morning 6am-7am // 9am-10am • Forward Bend • Twist flow class 14 January	Evening 5:30pm-6:30pm • Backbend • Core flow class 15 January	Morning 9am-10am • Backbend • Core flow class 16 January	—	—	—
Week 4 20 th - 26 th Jan	—	Morning 6am-7am // 9am-10am • Backbend • Core flow class 21 January	Evening 5:30pm-6:30pm • Forward Bend • Twist flow class 22 January	Morning 9am-10am • Backbend • Core flow class 23 January	—	Morning 8am-9am • Forward Bend • Twist flow class 25 January	—



Bookings essential

Contact Wendy on
0274 387 116

You can pay cash or cheque in class or via online banking:

BNZ
W PURDON
02-0404-0032404-30

BACKBENDS/CORE FLOW, to address the slump!

This flow focuses on the upper back region to loosen the stiffness there. Engaging the muscles, bones and connective tissue in the thoracic area, post practice you will feel better range of motion in the shoulders, neck, arms and hands. Sun Salutes are interspersed throughout this sequence, at all times checking and engaging the core (spinal muscles and abdominal muscles) to avoid lower back compression. Backbend sequence will be followed by legs lifts to further strengthen the abdominal muscles. Class will be sealed with Savasana (relaxation).

FORWARD BEND/TWIST FLOW SEQUENCE

In the forward bends we fully extend the front of the trunk to create space for the abdominal organs, and then in the twisting asanas we rotate the trunk so extra blood flow is delivered to those organs. Extension and twisting of the abdominal region will tone the waistline. The combined forward extension and rotation of the spine, helps to reduce the stiffness in the thoracic spine that can lead to 'dowager's hump'. This practice will loosen up the tensions deep within the body, will leave you feeling much freer in body and mind.

• Yoga • Restore • Meditate



pukekoheyoga.co.nz



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