

Integral Hatha Yoga 整體哈達瑜伽

結合了體位式子，呼吸及冥想練習來認識自己的身、心及靈。整套動作從眼部運動到伸展及強化肌肉，能刺激淋巴及增強內分泌，最後達致身心平靜。整體瑜伽能幫助你尋找及認識自己，練習後感覺舒暢及平安，適合任何年齡及沒有瑜伽經驗人士。亦是現今煩囂都市人減壓的一個好選擇。

Integral Hatha Yoga consists of a unique sequence of asanas and deep relaxation followed by breathing practice and meditation leading to self-awareness of the physical, mental, emotional and spiritual elements of the human body.

Pre-Natal Yoga 孕婦瑜伽

透過簡單身體動作包括骨盆底部、呼吸及冥想，讓孕婦能得到身心安寧。

A safe and peaceful space where mothers can experience a quiet pause from work/life's burden and take care of themselves and their baby. Often time, the practice will lead to a more natural and easeful birthing experience.

Kids Yoga 兒童瑜伽

透過趣味性的動作及遊戲把瑜伽式子融入當中，讓4-9歲小朋友可以強化肌肉及增加柔軟度。此外，也能提高自信，學懂集中及控制情緒。60分鐘的課堂包括伸展，呼吸及靜休時間。

The class brings in a creative fitness, language and yoga inspired program to children in a non-competitive environment. This 60-min class will increase strength, flexibility and build self-confidence and self-esteem. Children will stretch and strengthen their body through yoga postures and motor activities, build social skills through interactive games and participate in sensory based play. Each class will end with relaxation time with breathing techniques introduced to help children find their inner peace. strengthening, flexibility training, relaxation and skin and other organ detoxification class.

Family Yoga 家庭瑜伽

可以邀請你的小朋友，爸爸媽媽一起來參與充滿歡樂的夥伴瑜伽活動。

Yoga is even better when you do it together! Come along and enjoy a fun, engaging and healthy activity as a family. One hour of quality time and precious moments where children, parents and grandparents can connect through yoga games and partner poses.

Helfit Series Helfit系列

TRX Yoga Flow TRX流瑜伽

可以讓你更容易達成進階的體位法，利用TRX懸吊繩提升核心的力量，引導你找到肌肉控制的最佳調整方式去豐富你的常規練習。有挑戰性的姿勢融入TRX懸吊系統裡，並利用槓桿反重力的原理，在比較困難的體位法中找到力量跟靈活性。學習如何訓練某些肌肉來做到一個姿勢而同時不受到你重量的限制和跌倒的恐懼；這個輔助練習可以準確地讓你的身體學習到每個姿勢達成的力量所在，進而強壯你的肌耐力，重新連結大腦和肌肉的控制。

TRX for Yoga suspension training makes advanced poses more accessible by eliminating any fear of falling, boosting essential core strength and guiding you toward optimal alignment. The strap gives you leverage against gravity to assist you in difficult yoga poses while also working the strength and flexibility you need to achieve the pose in your regular yoga flows and improve your yoga practice.

Post Natal Yoga 產後瑜伽

舒緩的課堂，讓媽媽復原。當中包括呼吸，簡單體位及放鬆練習適合產後六至十二星期或以上的媽媽參加。

A moderately paced class to stimulate post-natal recovery. Through a safe, modified practice emphasizing movement and breath. We also cultivate breath techniques and relaxation exercises that help calm the mind. Modifications and enhancements are made. Suitable for mummies after 6 weeks from their natural birth or 12 weeks from caesarean or any Mommies during any stages of your life. Please consult your gynecologist before attending the class.

YogaDanz 瑜伽舞蹈

結合傳統瑜伽式子與現代舞蹈，利用舞蹈帶出瑜伽所掀發的空間、自由、身體及呼吸達至平衡及冥想效果。

This class merges traditional yoga poses with the fluidity in dance. Using the dynamics of dance as an expression to modify yoga's linear flow, we explore space, freedom, body and breath in a guided and empowering movement meditation.

Hot Detox 高溫排毒

在高溫的環境下，肌肉變暖可從而減低受傷。高溫排毒瑜伽能提升運動的效果，增強靈活性及。同時有助於身體的代謝，血液循環，幫助身體排走毒素。

Yoga exercises performed in humid conditions to increase an individual's flexibility. The benefit of warming muscles so injuries are less likely to occur. Hot Detox yoga is a wonderful weight loss, strengthening, flexibility training, relaxation and skin and other organ detoxification class.

Hot Hour 高溫瑜伽

一套特定的體位動作，在高溫的環境下，配合呼吸，熱力促進身體柔軟度，幫助排汗排毒，潔淨身體，加速新陳代謝，血液循環，消化系統及提高免疫系統。

Performed under hot and humid conditions to replicate the heat and humidity of India where yoga was originated. The postures systematically cleanse every part of the body and provide a complete mind/body workout. The heated room promotes sweating which helps rid toxins from the body while loosening and stretching the muscles to prevent injuries. It helps improve circulation, increases metabolism, regulates digestion and boost up the immune system. muscular endurance, and a healthier heart.

Warm and Relaxing Stretch 和暖伸展

在微暖的環境下，練習不同的伸展動作，適合任何人士。Practice different stretching exercises in warm temperature. It is suitable for anyone.

Warm Yin 和暖陰瑜伽

在溫暖舒適的房間內結合慢。舒適。冥想。瑜伽。陰瑜伽姿勢對結締組織（肌腱，筋膜和韌帶）施加中度壓力，目的是幫助增加關節循環，提高彈性。

Slow. Meditative. Delicious. Soothing style of poses that are held for longer periods of time in a warm and cosy room. Yin yoga poses apply moderate stress to the connective tissues – the tendons, fascia, and ligaments – with the aim to help increase circulation in the joints and improve flexibility.

Hot Stretch 高溫伸展

在高溫的環境下，練習不同的伸展動作。能舒展筋骨，改善身體的彈性。特別適合身體崩硬人士。

Fully stretching the body in a heated room with a gentle pace to help improve the flexibility to the body and stimulate the glands. It also tones the muscles and is ideal for those who are not flexible.



Aroma Yoga 香薰瑜伽

Young Living 精油及體位式子的結合，淨化身體，排走毒素，讓身心平靜。

A combination of Young Living essential oils and asanas to enable detoxifying the body and relaxation of mind. A more restorative approach towards opening up your physical body and go deep into your inner self.

My Stretch 伸展瑜伽

利用伸展的動作來提高身體的柔軟度，伸展從肌肉伸展到結締組織。特別適合男士及運動員。

This class consists of postures that are held for an extended period. It helps improve flexibility and uses longer holds to get beyond the muscle tissue into the connective tissue, the fascia of the body. It is a great class for men and athletes as well. Your body will be literally opened up, peeling away layers of stress, injury and tension that reside within.

Yin 陰瑜伽

深的延展及被動式的稍長停留，學習平穩呼吸去感受伸展部份。伸展至結締組織，過程中能鍛鍊內觀的專注力。Yin yoga is a perfect complement of the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of our muscles. Longer duration will be held of the poses introduced targeting the connective tissues even the joints of the body that normally are not exercised very much in other styles of yoga. It is a balancing practice for your yang style of yoga and benefits the whole body and mind.

Classic Flow Yoga 古典音樂瑜伽

在古典音樂中進行，透過音樂幫助瑜珈讓學員認識何為放鬆，進而獲得平靜及釋放緊張的肌肉。該課程比 Vinyasa Flow 課程慢。

Flowing in and out of each movement releasing tight muscles. The class is slower than the normal Vinyasa Flow class but brings in a soothing relaxing feeling throughout the class with classical music in the background.

Yoga Meditation 冥想瑜伽

“關注當下”和“正念”。簡單和指導的做法，以明確，輕鬆，內向的重心和安靜的心態。

"Focus on the here and now" and "Mindfulness". Simple and guided practices to get bright, relaxed, and inwardly focused while quieting the mind.



Relaxing Series 放鬆系列

Yoga Nidra 瑜珈睡眠

深度放鬆的練習，可以幫助釋放肌肉，情緒和精神緊張。課程以非常輕柔的伸展和運動和呼吸運動開始，然後是引導放鬆。深度放鬆可以幫助治療慢性疼痛，壓力，抑鬱，焦慮，創傷後障礙和高血壓和睡眠障礙等疾病。

This is a practice of deep relaxation. Yoga Nidra can help release muscular, emotional and mental tensions. The class will start with very gentle stretching and movements and breathing exercise. This is then followed by guided relaxation. Deep relaxation can help manage chronic pain, stress, depression, anxiety, post traumatic disorder and conditions like hypertension and sleep disorders.

Stress Management 壓力處理

一個減壓的課堂能讓你從繁忙的生活中得到身心一刻靜止的歇息。適合需要紓壓人士。

Come for a stress relieve class. The class will bring you to a quiet state of mind, giving you a break from your busy life. Whether you are working full time in office or at home, do come join us for a moment of peace and quietness.

Yoga for better sleep 安睡瑜伽

從一些傳統及溫和的瑜伽體式開始，幫助調整肌肉，深度放鬆。讓身體重新調整至平和，放低煩躁，提高睡眠質量。

The class will be a gentle flow that help tone the muscles, get the blood flowing and re-vitalize our energy centers in order to have a better sleeping quality. The class will start with some traditional yoga asanas to help re-align the body, and winds down with more restorative poses, pranayama (breathing exercises) and a deep relaxation.

Candlelight Restorative Yoga 燭光放鬆瑜伽

利用微弱燭光及音樂來進行放緩動作及正念呼吸，以達致身心放鬆。

This is a nurturing yoga practice. Gentle movements to restore the body and mind. The relaxing setting of low lighting, candle lights and music and cultivate mindfulness in your movement and breath during the yoga practice. sical body and go deep into your inner self.



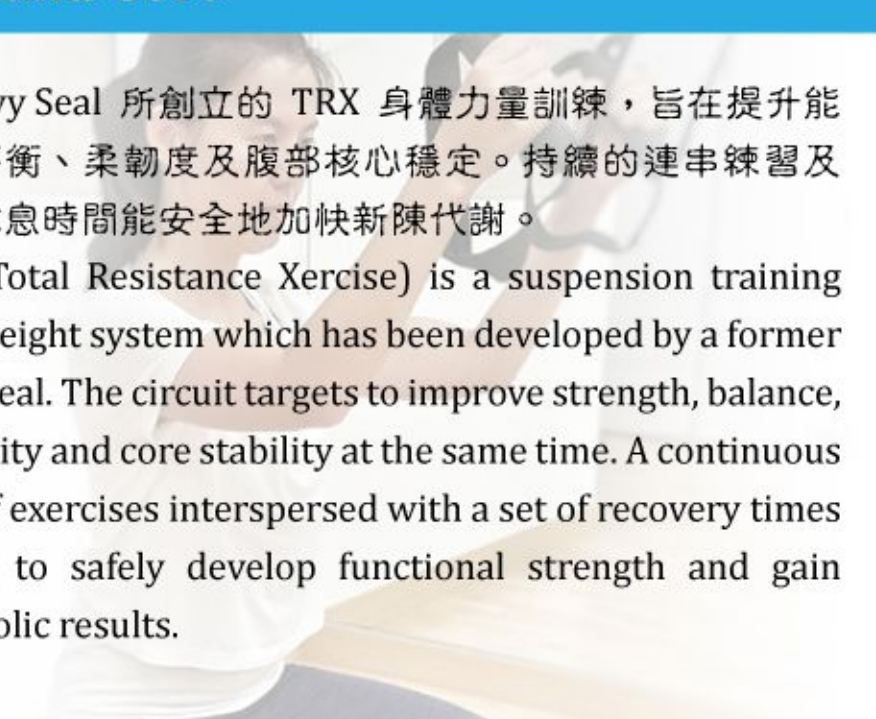
Strengthening Series 強化系列

Fit Flow 伸展瑜伽

結合瑜伽及健身的趣味性練習。當中亦包括挑戰性的動作，能讓你加速新陳代謝，強化肌肉及心臟功能。

Fit Flow is a total-body program designed to dramatically improve your fitness level by combining elements of yoga with a fun, cardio-based fitness routine. It will challenge your body in new ways as you reap the benefits of high intensity interval training including increased metabolism, better muscular endurance, and a healthier heart.

TRX and Core



由 Navy Seal 所創立的 TRX 身體力量訓練，旨在提升能耐、平衡、柔韌度及腹部核心穩定。持續的連串練習及適當休息時間能安全地加快新陳代謝。

TRX (Total Resistance Exercise) is a suspension training bodyweight system which has been developed by a former Navy Seal. The circuit targets to improve strength, balance, flexibility and core stability at the same time. A continuous flow of exercises interspersed with a set of recovery times allows to safely develop functional strength and gain metabolic results.

Pilates 普拉提

針對強化身體的核心肌肉鍛煉，讓身體調和，增加肌肉力量和靈活性。

A refreshing mind and body workout that allows you to become in tune with your body and increase muscle strength and flexibility.

Ashtanga 1 阿斯坦加 1

一連串固定的連續體位及力量動作，節奏流暢。透過呼吸的帶動強化身體肌腱。持續的鍛煉可增強身體的肌耐力及柔韌度，甚至超越身體的極限，淨化身心。適合有流瑜伽經驗人士。

Classical, led Ashtanga primary series. A strong connection between breath and movement creates a moving meditation to relax the mind while energizing the body. The Primary Series is the first series of asanas in Ashtanga Yoga, with other series following as the practitioner advances. With dedicated, consistent practice, this series purges toxicities and prepares the body for a deeper practice, both mental and physical. Available to most levels - practitioner should have some general knowledge of yoga to feel comfortable in this faster paced class.





Strengthening Series 強化系列

Power Yoga 力量瑜珈

是一種強而有力的串連體位瑜珈式子，增強身體及四肢力量達到平衡及肌肉控制。課堂節奏輕快，特別適合想提高身體力量及靈活性的人仕參加。

This energizing and dynamic class is designed to building strength, help you to work up a sweat and reconnect with your body. Let off some steam by working your muscles through a dynamic sequence. Specific challenging poses are chosen to improve strength, concentration, balance and control. Upbeat and uplifting music might be played throughout the class.

Core Booster 核心瑜珈

核心瑜珈能改善身體平衡，促進新陳代謝，加速燃燒體內脂肪，幫助提升肌肉力量減少受傷。練習包括手臂平衡及倒轉動作。

A strong core is the powerhouse of your body and is critical for any type of exercise activity. It gives you balance and stability, both on and off mat; it improves your metabolism, so faster calories burning; it keeps you safe, reducing pains and injuries. Core workout doesn't have to be intimidating; it can be challenging but fun and inspiring! As you build up more core strength, poses like arm balances and inversions will be more attainable and you will experience more fluid and controlled transitions in your flows.

Inversion and Balances

身體力量訓練，為肩，頭，手倒立及手臂平衡式子作準備。也讓你感受從另一方位看世界，適合有瑜珈經驗的人仕。

Suitable for intermediate and advanced students. The class focuses on strength building for shoulder stand, headstand, handstand and various arm balances postures. Come and try it and feel the up-side-down view of the world!

Yin Yang 陰陽瑜珈

強化力量及放鬆伸展的結合。陽性練習強化肌肉和骨骼，陰性練習讓身體放鬆及伸展，最後能加強體內的能量。

Yin-Yang combines yin yoga with a dynamic flow practice. The Yang portion of this class allows us to warm up and stimulate our body first, through dynamic sequence focused on building strength and fitness. Then we go to Yin portion of the class, which gives us the opportunities to relax, stretch and encourage the free flow of "qi" (energy) in our body. We will hold each pose for longer periods of time and focus our awareness on our sensations. The combination of more active Yang and more calming Yin poses will nourish our body and mind in a balanced way.

Vinyasa Flow 流瑜珈

串聯的動感瑜珈式子，配合呼吸，帶動身體的節奏來增強肌肉能耐及排毒排汗效果。鍛鍊肢體的柔軟度及靈活性，達到忘我境界。適合喜歡輕快動作的人仕。

A well-orchestrated Vinyasa sequence will enable the students to be absorbed in the flow and the movements amplifying the physical benefits. Proper breathing will be a key emphasis particularly for this class. The goal is to make it possible for the students to be absorbed in the sequence, which is a sort of meditation in motion.

Chakra Flow 脈輪瑜珈

針對人體的七大脈輪，透過不同姿勢刺激和釋放來自穆拉達的能量，平衡身體，精神和精神健康以便實現真正的轉型和個人成長。

Balancing Energy for Physical, Spiritual, and Mental Well-being. Working with your 7 chakras is all about balance. Releasing excess chakra energy is just as important as stimulating chakras to gain energy. The poses are aimed at both stimulating and releasing energy from the Muladhara in order to allow for true transformation and personal growth.



Therapy Series 治療系列

Magnified Healing with Yoga 擴大治療瑜伽

由第三階擴大治療師帶領基本瑜伽動作及在大休息期間治療身，心，靈及思緒上的創傷。特別適合相信能量理論人士。

Magnified healing is an ancient healing modality that has been introduced to Earth in 1983. This class will be taught by a 3rd Phase Light Healing Master Teacher the basics of yoga and an additional healing session will be provided during the final deep relaxation. If you believe in energy theories, do come join us for an all level healing class: physical, emotional, mental, etheric and spiritual.

Myofascial Release Therapy (MFR) 筋膜放鬆治療

利用輔助工具及特定動作來放鬆筋膜，配合伸展使崩緊的肌肉得以放鬆。減低肌肉僵硬的痛楚，加強血液循環，回復肌肉彈性及動作的安全性。

Myofascial release is an alternative medicine therapy focused on releasing muscle shortness and tightness. By applying gentle sustained pressure to our muscle tissues, we can relieve pains, release tensions and reduce stiffness throughout the body. You will also experience improved blood circulation and wider range of motion for your joints. It is simple, safe, relaxing and effective.

Muscle Corrective Stretching 肌肉矯正伸展

日常生活慣是有主力用在一邊，所以很容易形成肌肉不平衡。通過一些針對肌肉伸展，可以改善體位、肌肉平衡可減少身體受傷上常見是肩膊痛，膝蓋痛，通過”肌肉矯正伸展”是改善過緊肌肉及可以令到身體回復平衡。We are all either right or left side focus leading to an imbalanced body. The imbalance will cause pain or injuries in areas of our body such as shoulders or knees etc. This class focused on stretching out our tight area and moving our body back to our neutral position.

Singing Bowl Sound Therapy 頌鉢聲頻治療 壓力處理

在陰瑜伽體位內，身體在靜止，呼吸深長緩慢狀態時，用溫婉的聲音振頻來穿透及按摩全身內外，達致深度放鬆，促進脈輪平衡。

An ancient sound therapeutic practice initiated to balance physical and emotional bodies. As the singing bowls are sung, waves of healing vibration travel through every cell of the body, allow practitioner to destress, encourage a deep relaxation with meditative state of mind and promote chakra balancing.

Yoga Therapy 治療瑜伽

一連串的瑜伽式子及呼吸練習，配以輔助工具來改善或舒緩各種身體不適及痛症，包括肩膊，腰椎，膝蓋等。

A series of yoga with breathing exercises, accompanied by auxiliary props to improve or soothe a variety of physical discomfort and pain, including the shoulder, lumbar and knee etc.

Yoga for Athletes 運動員與瑜伽

融合的瑜伽練習，為了有更好的運動表現，增加靈活性，避免傷害。它還包括呼吸練習和冥想，以提高康復及競爭的精神韌性。

This is a yoga practice that incorporates poses for strength for better performance and for flexibility to avoid injury. It also incorporates breath exercises and meditation to improve recovery and sharpen mental toughness for competition. It is simple, safe, relaxing and effective.

Yoga for shoulders and back 肩頸膊治療瑜伽

一套給予崩緊肩膊放鬆瑜伽動作，包括呼吸，靜休及冥想。

Stress can sometimes manifest in tight shoulders and tight lower back. This is a restorative yoga practice combining breathing exercises, relaxation and meditation.