

Training Descriptions

YOGA

Yoga is an ancient and complex practice, rooted in Indian philosophy, using postures and conscious breathing in combination with mental focus. It helps to improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, strength, and balance.

YOGA NIDRA

Yoga Nidra, also known as "yogic sleep" or "effortless relaxation," is a guided meditation typically practiced lying down. In this session, we explore the space between wakefulness and sleep, where the body returns to its natural state of equilibrium. The breath helps balance the unconscious and conscious mind, allowing for deep, blissful awareness. Sound healing enhances this practice, as vibration and resonance connect with every cell in our body, promoting physical, emotional, and soulful healing. Sound bathing in this context provides profound relaxation, making it an ideal complement to Yoga Nidra.

HATHA VINYASA FLOW

Hatha Vinyasa combines steady, flowing movements from pose to pose, synchronized with the breath. This class often pauses to hold poses for varying lengths of time, building strength and flexibility through movement. The rhythmic flow of the breath boosts energy and promotes overall health, while the stillness of holding poses helps cultivate mental focus and calm.

PARTNER YOGA

Partner Yoga invites a playful, dynamic flow where students assist each other in poses, creating a dance-like experience. It also includes static poses where both partners utilize their strength and sensitivity to deepen the experience. While some poses are low-intensity and seated, the practice fosters connection, adjustment, and mutual support. Playfulness, fun, and laughter are welcomed as part of the journey.

AQUA YOGA

Aqua Yoga combines the healing properties of water with yoga postures to develop strength, balance, and flexibility. It's especially effective for relieving muscle stiffness, pain, anxiety, and stress. The buoyancy of the water supports the body during movement, making it an ideal practice for those seeking relaxation and healing in a gentle, supportive environment.

DOMES NORUZ
CHANIA

Training Descriptions

PILATES MAT

Mat Pilates is a core-focused practice that strengthens and lengthens the body, targeting trunk muscles while also training arms and legs. Based on the original exercises developed by Joseph Pilates, it includes over 500 exercises that can be done anywhere, without equipment. The method can be adapted to any age, body type, or fitness level, making it accessible to everyone seeking a full-body workout.

PILATES PROPS

Inspired by Joseph Pilates' work during World War I, the Pilates Props class focuses on strength, stability, posture, breath control, and flexibility. Using props like small and large Pilates balls, bands, and foam rollers, this class emphasizes balancing all muscle groups, particularly challenging the core muscles with each movement.

BALANCE BALLS

Stability balls help expand range of motion during exercises like crunches and sit-ups, while also strengthening the core muscles, including the abdomen and lower back. A strong core is essential for protecting the back and stabilizing the body, from the spine to the pelvis, hips, and shoulders. Incorporating balance balls into your routine enhances both strength and flexibility, promoting overall body stability.

MOBILITY

Mobility combines exercises that increase the range of movements and motions your body can perform. These include flexibility and strength. A full combination is the best way to avoid injury.

FUNCTIONAL TRAINING

Functional training is a type of exercise that resembles movements you make in your daily life. It can be helpful for athletic performance, injury prevention, and other everyday fitness tasks.

GLUTES & ABS

The glutes and abs are key components of your core. Strengthening these muscle groups, which are closely connected to your lumbar spine, enhances functional movement, prevents back injuries, and supports strong posture. Combining these two areas in a workout creates an efficient and powerful routine that targets both strength and stability.

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