



## Yoga Class Schedule for May 2021



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 am - 9:15 am		Hatha Yoga With Hanim			Vinyasa Yoga With Daniela	Vinyasa Yoga With Daniela	
7:30 pm - 8:30 pm		Gentle Hatha- Vinyasa Yoga With Annette	Yin Yoga With Annette				

Email: [yogasection.panaga@gmail.com](mailto:yogasection.panaga@gmail.com)

Web: <https://www.panagaclub.com/pages/yoga>

As a yoga student, you are encouraged to go at your own pace and level of ability so as not to incur injuries.

### Legend for table:

 → Children's Yoga  → All level

**Please bring your own mat,  
Water Bottle and arrive 5  
minutes before the class starts  
to allow a smooth start. Thank  
you!**

**Beginner's** – Focusing on basic asanas (yoga postures) and pranayama (breathing exercises) for students who are just starting a yoga practice or getting back into it.

**Hatha** - Destress, tune into inner balance and find solidity in strength through a series of prolonged static Hatha poses, rather than linking movements.

**Vinyasa** - These classes use breath and sweat, strength and stretch to challenge, empower, and inspire. Step into this dynamic, challenging practice and emerge renewed each time.

**Yin** – a slow-paced style in which poses are held for no longer than three minutes. It can be quite challenging due to the long holds, particularly if your body is not used to it. The purpose is to apply a moderate stress to the connective tissue – the tendons, fascia and ligaments – with the aim of increasing the circulation in the joints and improving flexibility. Meditative elements are infused to assist with calming of the mind. This is for everyone who is looking for relaxation and stretching.

**Gentle Hatha-Vinyasa** – focus is on basic postures, strengthening, stretching, breathing techniques as well as on meditation