



ASHTANGA YOGA - HIRAFU

All classes are a lead practice based on Ashtanga style yoga. This style of yoga involves the synchronisation of breath (Ujjayi Pranayama) with posture (Asana) and gaze point (Dristi) to produce inner heat which in turn cleans the body and nervous system. The practice, done regularly, develops strength, flexibility and a deeper calmness of the mind.

Level 1 classes - Aimed toward people who are new to the practice or would like a refreshment in their knowledge to develop a basic understanding of the Ashtanga yoga system. The classes are taught through detailed explanations and a slower pace.

Level 2 classes - The class will be a more challenging lead practice of a modified primary series, assuming some knowledge of Suryanamaskara A and B and the primary series poses. Hands on adjustments are given.

Open level classes - For all abilities and will be geared towards the students attending at the particular session.

* Higher level classes and private lessons available upon request

Try not to eat at least 2 hours before the class (if you cannot manage try to keep it to small snack). Drink plenty of water after the class has finished.

Yoga is performed bare footed. Wear light clothing, such as shorts, t-shirts, leggings and vest tops as you will most likely sweat.

Wednesday 6.30pm (Level 1)		¥500 1 introductory class	¥4000 for 5 classes
Friday 6.30 pm (Level 2)	Duration. 1hr 15 mins.	¥1000 per drop in	¥7000 for 10 classes.
Sunday 10am (Open level)		Yoga mats are available to rent for ¥100 per time.	
All classes are held in Kushi Room, J-Sekka (at the Hirafu traffic lights). Access is from the driveway, along the side of the building.		Contact : Marika Ohtani marikayoga@gmail.com	
** Rates and classes are subject to change. Please email to confirm.			