



YOGA FOUNDATION

- Build the Foundations of your Yoga practice through gentle, basic classes with no flow between poses. It will be a slow-paced stretching class with some simple breathing exercises. This is a good place to learn relaxation techniques, beginner poses and become comfortable with yoga.

Start from the very beginning looking at the basics of alignment, how to use extra props and how to link the breath with movements.



Maryam Nia
Registered Yoga Instructor

Benefits of Yoga Foundation include:

- ✓ Keep your back and joints healthy.
- ✓ Improve your overall posture.
- ✓ Stretch and strengthen muscles.
- ✓ Improve your balance.

Who can attend this class?

- ✓ Male & Female
- ✓ Ages 30 - 50+
- ✓ Beginners Only
- ✓ Language: English

Reserve your class
95502801

For more information
visit our website
www.fshnkuwait.org





Restorative yoga



Vinyasa flow

YOGA CLASS

■ Vinyasa Flow:

Directing your awareness through your mind, body & heart while moving slowly in this easeful Vinyasa practice. You will move from standing poses to hip opening poses, ending with a guided meditation.



Maryam Nia
Registered Yoga Instructor

■ Restorative Yoga:

In this practice you are guided into a deep relaxation state with poses held for an extended period, using props to support you completely. Restorative poses are not intended to stretch or strengthen but rather to release ever-deeper layers of tension.

Who can attend this class?

- ✓ Group Class
- ✓ Women and Men
- ✓ Ages 30 – 50+
- ✓ Any level of yoga welcomed
- ✓ Intro & intermediate Level class

Reserve your class

95502801

For more information
visit our website

www.fshnkuwait.org

