



Information about Sunrise Yoga

Early Bird

Early bird class designed for those who enjoy an early start to the day. It is a special time for you to revitalize your body for the day. Special Sequences of asana make this an unique Opportunity to start the day on a bright and positive note.

Open class

Open class designed for everyone who are able and proficient to keep up with the tutor! Beginner to medium and Improver. This yoga workout be it outdoors or indoors - weather permitting, and revitalizing the body energy. Experience an effect similar to a bird learning to soar in the limitless Sky.

Yoga for Beginners

Yoga enhances your performance in your job, sports and also revitalizes you. It can bring a new outlook to life and improve your health through postures with traditional hatha yoga. Asana is a powerful antidote to stress of modern life.

Yoga Improver

Once you learn the Yoga positions, you may wish to improve and join with the experienced students. Discover yoga knowledge in depth and fulfill your goal for healthy living.

Yoga for Children 4 to 8 years

Children Yoga designed to give an opportunity to introduce poses of animals which makes it easy for the children to learn and understand yoga. This will assist them to develop their psychological being to calm their body's energy. You will notice a profound difference in your child after doing yoga.

Yoga for Youths 9 to -14 years

Youths' Yoga designed to give an opportunity to introduce poses to help body & mind to balance this will assist them to develop their psychological being to calm their body's energy. You will notice a profound difference in your child after doing yoga.

Arka Dhyana A finer form of Intuitive Meditation

A Journey into your Inner Universe Initiated Through your Touch, Sound & Breath

For more information please **visit: www.arkadhyana.org**

Vegetarian Cooking for Healthy Living or Gluten free vegetarian cooking

In Sunrise Yoga Vegetarian Cooking is going to bring authentic east and west vegetarian dishes to your home with mouth watering recipes is an art and a science at the same time. Food cooked with healing herbs and energizing spices can eliminate many of the toxins that have entered the body.

Traditional Indian head massage for 20minute

Traditional Indian oil head massage provides a simple and effective way to rebalance our energies. Head massage also affects the pulsing rhythms of cerebrospinal fluid, carry in healing messages around the body and stimulating the body's self-healing mechanisms. **Booking essential!**

Family yoga timetable 2012

Family yoga designed to give an opportunity to all family members to participate in yoga together and to continue at their own pace in their own environment.

First Friday of every month 6.00pm to 7.30pm