

IMMERSIVE MULTISENSORY CONNEXION STUDIO SPACE IN ROSEMÈRE

GROUP CLASS SCHEDULE DESCRIPTIONS

Group Class Schedule

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM				8 AM to 9 AM CORE Athletic/Interval (intermediate) Julia		9 AM to 10:15 AM Flow Yoga (all levels) Isabelle B.		
		9 AM to 10:15 AM Sivananda Soft Yoga (all levels) Caroline	9 AM to 10:15 AM Yoga Stretching (all levels) Marie-Lou	9 :15 AM to 10:30 AM Sivananda Soft Yoga (all levels) Caroline		10:30 to 11:45 AM yoga hatha (all levels) Isabelle B.	10 AM to 11:15 AM Flow Yoga (all levels) Isabelle B.	
		10:30 AM to 11:45 AM Sivananda Yoga (intermediate) Caroline	10:30 AM to 11:45 AM Restorative Yoga (all levels) Marie-Lou	10:45 AM to 12 PM Sivananda Yoga (intermediate) Caroline				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
PM			6 PM to 6:45 PM Conscious Meditation & Breathing Marie-Lou		4 PM to 5:15 PM Sivananda Yoga (intermediate) Caroline	 <p>CONNEXION</p> <p>IMMERSIVE MULTISENSORY STUDIO SPACE 326 chemin de la Grande-Côte, Rosemère t: 450.508.3601 e: rosemere@connexionpilates.com</p> <p>2020 WINTER SESSION : January 6 to March 29</p> <p>INTIMATE GROUPS (10 PEOPLE MAX) SUJECT TO CHANGE WITHOUT NOTICE</p> <p>HAVE A GREAT SESSION !</p>		
			7 PM to 8:15 PM Restorative Yoga (all levels) Marie-Lou		6 PM to 7:15 PM Sivananda Soft Yoga (all levels) Caroline			
		7:30 PM to 8:30 PM Hit Hot Pilates (all levels) Isabelle	7:30 PM to 8:30 PM Hit Hot Pilates (all levels) Isabelle					

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Sivananda Soft Yoga (all levels)

Sivananda Soft Yoga (for all)

Le yoga doux est une approche légèrement adaptée et plus délicate des postures (asanas) du yoga sivananda classique. L'accent est mis sur la respiration et la relaxation profonde en harmonie avec les mouvements. Cette classe est idéale pour celles et ceux qui n'ont pas pratiqué de yoga depuis un certain temps, ou qui ont quelques limitations physiques ou simplement, qui ont besoin d'une pratique plus lente et en douceur.

Hatha Yoga (all levels)

Hatha Yoga (all levels)

This class for all levels is perfect for beginners who wish to have a strong foundation in yoga and who want to learn the terminology used as well as the postures. The sequences are done gently at a slower pace and practiced in a spirit of non-competition, without judgment, without comparison and within the limits of each.

Hatha yoga places great importance on purification processes, the regulation of breathing (pranayama) allowing a deep relaxation in order to calm the body and the mind. Postures (asanas) help strengthen the body, stretch the muscles and make them thin and supple. The poses are retained for varying lengths. It also aims to bring the body and mind into perfect balance.

Restorative Yoga (all levels)

Restorative Yoga (for all)

In this class, the gentle regenerative yoga poses bring balance to the nervous system and activate the immune system. Since we use several accessories (yoga chair, bolster, blanket, blocks, straps, wall), this class is also known as supported yoga. These postures are kept a minimum of five minutes to reach muscle tissues and allow for the regeneration, and achieve relaxation, also helps calm the mind and the nervous system, therefore lowering anxiety and stress. Achieve a deeper self-connection and allow for the creation of space in all your systems, especially the respiratory.

Yoga Stretching (all levels)

Yoga Stretching (for all)

Recover your flexibility with a series of postures and stretches. They will allow you to release your body and mind of all tensions so you feel lighter and taller, breathe better and accentuate your inner flow

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Meditation & Breathing (all levels)

Meditation & Breathing (all levels)

This course is based on simply "being in the moment", however it's easier said than done. This approach will help you stay in touch with your inner self and learn more about yourself. That is to say become the observer of your thoughts, reactions, internal dialogue and sensations without judgment or comment. It is developing one's benevolence, one's ability to accept what is available here and now and to gain more patience with yourself, others and your environment.

This technique maximizes the overall health : physical, mental and energetic. Also helps improve your concentration and attention capacity. Interestingly, you will observe that you will better respond to stressful events by practicing this method.

Mindfulness brings you to develop more freedom in your thoughts and choices. Breathing techniques will be paired with this kind of meditation to increase your vitality, and bring calmness and create space throughout your body and mind.

Sivananda Yoga (intermediate)

Sivananda Yoga (intermediate level)

Intermediate Sivananda Yoga is appropriate for people who are familiar with the practice of postures (asanas), which are maintained longer and the breathing techniques (pranayama) that are more advanced.

This class offers a challenge to the body and mind and allows you to integrate the 12 basic postures and their variations and to understand the meditative aspect of their practice.

Flow Yoga (all levels)

Flow Yoga (all levels)

The yoga flow course is a dynamic sequence of postures (asanas) that requires strength, flexibility and balance.

The asanas taught are basic, but many modifications will also be suggested to you if you want a greater challenge in the respect and the energy of the yogis.

The sequences are different at each class and all parts of the body are solicited.

An active practice of voga brings well-being to the physical, mental and spiritual body.

Hit Hot Pilates (all levels)

Hit Hot Pilates (for all)

Created in Quebec, this course has quickly become popular and has proven itself to many people. This unique and motivating non-traditional Pilates Mat class goes with the flow, to the rhythm of upbeat music. A complete exercise: cardio, muscle strength, body firming and more.

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About Sivananda Yoga :

Sivananda Yoga is a classical yoga system founded by Swami Vishnudevananda, one of India's first yogis to spread the teachings of yoga in the western world.

A classic sivananda yoga class is based on five points:

- good exercises (asanas)
- breathing techniques (pranayama)
- relaxation (savasana)
- meditation (dhyana)
- positive thinking (vedanta)

Ultimately, the goal of any yoga practice is to access absolute truth, where the individual soul identifies with the Supreme Soul.