

Trish Stratus

Gives us the dish on the basics of yoga as she introduces us to her team from

stratusphere

yoga

YOGA 101:

Trish shows us how yoga is the workout for everyone, no matter what level of fitness or age—there is a style of yoga that is right for you.



Studio Six Photography by Steve Apost www.studiosix.ca



Instructor: Sensei Jamal

Teaches: Budokon

What to Expect: A dynamic workout that fuses martial arts, yoga and meditation. Made popular by celebrities like Jennifer Aniston, Courtney Cox and Trish Stratus.

Ideal for: Martial arts/fighting background, anyone looking for total mind body workout.

Instructor: Lisa

Teaches: Pre and Post Natal

What to Expect: Yoga will help ease pregnancy as well as aid with the delivery process. Following birth, yoga helps with recovery and reclaiming the pre-pregnancy body—done with baby.

Ideal for: Moms



Instructor: David

Teaches: Ashtanga Vinyasa

What to Expect: A continuous flow is created as you move from one pose to another as you exhale and inhale. A challenging workout that uses your own body weight as resistance.

Ideal for: Athletes, anyone transitioning from the gym to yoga.



Instructor: Belinda

Teaches: I lot Body Yoga

What to Expect: A hybrid workout that flows through movements that are inspired from strength training in a hot studio. Specific exercises focus on lower and upper body as well as core. Sometimes integrates weights.

Ideal for: Suitable for all levels.

Instructor: Pino

Teaches: Pilates

What to Expect: Pilates is best known as a system that is designed to strengthen and challenge the core, however it involves movements that involve the whole body.

Ideal for: Suitable for all levels.



Instructor: Lily

Teaches: Hot Flow

What to Expect: Flow through a series of poses in a heated room. The heat warms the muscles and allows you to go into poses deeper, also stimulates release of toxins - great detoxifying workout!

Ideal for: Suitable for all levels.



Instructor: Daniel

Teaches: Spirit: 'Mr. Yoga's Cure'

What to Expect: A flow done in a hot room to help rid the body of toxins. A thorough program that focuses on movement, breath-work and instruction that aims to heal diseases and illness through Yoga.

Ideal for: Suitable for all levels.

Instructor: Sandy

Teaches: Slow Flow or I latha

What to Expect: A slower paced stretching class with simple breathing exercises and perhaps meditation. A good place to learn basic poses and relaxation techniques.

Ideal for: Those who want a more gentle practice or who are new to yoga or recovering from injury or illness.



Instructor: Mark

Teaches: Ashtanga

What to Expect: An energetic, athletic method of practice that gives you a vigorous workout by continuously moving through a series of postures at a rapid pace.

Ideal for: Athletes, advanced practitioner.

To visit Trish Stratus' yoga studio and take a class with a member of Team Stratusphere visit www.stratusphereyoga.com for class times.

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