

An introduction to our New Yoga Alignment class



In the vast and modern world of yoga, it can be quite daunting to set foot into a yoga class or find a yoga practice that suits. Once in, it can be equally easy to get caught up with the fancy poses and colourful spandex that the true meaning of yoga is lost.

Yoga, at its core, is a system of practices that has been practiced and refined for thousands of years by the ancient yogis, mystics and sages. Then it was slowly passed down through a line of teachers to what it is today, a system of tools and practices that can help one to achieve physical wellness, mental mastery and spiritual enlightenment.

As with most practices, the easiest point of entry is at the physical level and so that is where we begin.



Yoga Alignment is an asana-based class, focused on developing a strong foundation in an asana practice through proper grounding and alignment. Only by establishing a solid base, can you then build on a more advanced practice safely and effectively.

So, no, you don't have to be able to put your leg behind your head, you just have to come with an open heart, an open mind and a willingness to practice.

- *Max Teong, Yoga Instructor (Gokul Yoga 300-hr RYT)*

Our Yoga Alignment class is available every Friday, 5.30pm. Secure a spot and book via your MindBody app. Alternatively you can call us at 6235 3938 / 6327 2072 or email bookings@focusmovement.sg.

We look forward to seeing you in studio!

