



GLASS HOUSE

FLEXIBILITY CLASSES

YOGA

RELAX - Simple, slow paced, ideal for beginners. Floor based class, no standing postures.

RESET - Aims to synchronise your body movements with your breath, smooth transitioning through poses on an inhale or exhale. No Balancing postures.

RENEW - Faster paced, increase flexibility, strength and coordination.

RESTORE - Holding poses for longer periods of time and using props to help get into the deeper connective tissues and relax the body.

AERIAL YOGA

Aerial yoga combines the benefits of traditional yoga with the skill of aerial arts using a suspended yoga hammock. This fun style of yoga allows for deepened stretches, relieves joint pressure, releases tension and enhances core strength.

STRETCH

Stretching is just as important as cardio and weight training. We work on increasing mobility and flexibility, realigning and releasing tension.

PILATES

Fundamental Pilates techniques applied to the body to restore alignment and posture whilst finding strength by isolating the muscles.

WHAT IS FLEXIBILITY?

It's about working into a range of movement in the joints and muscles. Lengthening and aligning to allow us to move more freely.