

A person is shown from the chest down, sitting in a meditative lotus position. They are wearing a dark blue cardigan over a blue tank top and patterned leggings. Their hands are clasped in their lap. The background is a soft gradient from teal on the left to orange on the right.

# WELCOME TO WELLNESS

CLASS NAMES – COMPLIANT LIST



## WELLNESS

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# Wellness Class Names




Specialised yoga and meditation classes as well as Barre and Reformer Pilates offered as part of Fernwood Wellness membership must follow compliant names.



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## LIVE YOGA /MEDITATION




Class Name	Temp	Intensity	Duration (mins)	Description	Image
<i>Foundation Flow</i>	27	Low-Mod	45-90	Get acquainted with traditional yoga postures (asanas). Learn the 'how' and 'why' of core poses including correct body positioning, gaze and breath connection. Perfect for beginners or anyone wanting a gentler class or to understand correct alignment and technique. <b>Main benefits:</b> Mind body balance, foundational yoga skills and knowledge. <i><b>This is a pre-requisite class for Fusion and Power Flow attendance (at least 1 class)</b></i>	
<i>Fusion Flow</i>	27	Mod-High	45-90	A moderate paced 'Vinyasa' (body-breath) flow that offers a rhythmical, fluid practice that at times will challenge you to work in more strength-based sequences and balances. This class helps develop body awareness and offers a strong foundation for a more powerful practice and includes elements of meditation and breath (Pranayama) work. <b>Main benefits:</b> Mind-body balance, strength, endurance and flexibility, posture progression <i><b>If you are new to yoga, we recommend attending Foundation Flow at least once.</b></i>	
<i>Power Flow</i>	27	High	45-90	Challenge yourself mentally and physically with this dynamic yoga class. Offering a strong 'yang' flow of postures, this class explores more intermediate-advanced transitions, inversions and balances. <b>Main benefits:</b> Mind-body balance, strength, endurance, flexibility, posture progression. <i><b>If you are new to yoga, we recommend attending Foundation Flow at least once.</b></i>	



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<i>Foundation Flow (Hot)</i>	39-42	Low-Mod	45-90	Get acquainted with traditional yoga postures (asanas) in a more challenging environment of 39-42°C. Learn the 'how' and 'why' of core poses including correct body positioning, gaze and breath connection. Perfect for beginners or anyone wanting a gentler class or to understand correct alignment and technique. <b>Main benefits:</b> Mind body balance, foundational yoga skills and knowledge. <i>If you are new to yoga, we recommend attending Foundation Flow at least once.</i>	
<i>Fusion Flow (Hot)</i>	39-42	Mod-High	45-90	A hot (39-42°C) moderate paced 'Vinyasa' (body-breath) flow that offers a rhythmical, fluid practice that will at times challenge you to work in more strength-based sequences and balances. This class helps develop body awareness and offers a strong foundation for a more powerful practice. <b>Main benefits:</b> Mind-body balance, strength, endurance and flexibility, posture progression. <i>If you are new to yoga, we recommend attending Foundation Flow at least once.</i>	
<i>Power Flow (Hot)</i>	39-42	High	45-90	Challenge yourself mentally and physically with this hot (39-42°C) dynamic yoga class. Offering a strong 'yang' flow of postures, this class explores more intermediate-advanced transitions, inversions and balances. <b>Main benefits:</b> Mind-body balance, strength, endurance, flexibility, posture progression. <i>If you are new to yoga, we recommend attending Foundation Flow at least once.</i>	






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<i>Yin</i>	27	Low	45-90	<p>....annnd relax. Stretch, unwind and physically 'let-go' in our popular restorative yoga practice. Relaxing deeply and intently into lengthy held stretches, Yin Yoga is the perfect balance to more intensive practices.</p> <p><b>Main benefits:</b> Flexibility, relaxation, tension release, mind-body balance.</p>	
<i>Yin (Hot)</i>	39-42	Low-Mod	45-90	<p>....annnd relax. Stretch, unwind and physically 'let-go' in our hot (39-42°C) Yin class. Relaxing deeply and intently into lengthy held stretches, Yin Yoga is the perfect balance to more intensive practices.</p> <p><b>Main benefits:</b> Flexibility, relaxation, tension release, mind-body balance.</p>	
<i>Sleep Yoga (Yoga Nidra)</i>	27	Low	30-60	<p>Need a magic 'sleeping pill'? Then Yoga Nidra is for you! This relaxation focused yoga practice gives restorative effects equal to 4 hours of REM sleep! Perfect for anyone who struggles with stress and sleep problems.</p> <p><b>Main benefits:</b> Mind-body balance, relaxation, stress reduction, nervous system restoration, sleep and energy improvement.</p>	

<i>Chill (Meditation)</i>	27	Low	30-60	Step into your 'me-space', where the boss isn't nagging, the kids aren't screaming and your time is yours and yours alone. Escape the busyness of everyday life with our 'mind-bliss' meditations and breathing techniques and bring a little more peace and balance into your day. <b>Main benefits:</b> Physical and mental relaxation, stress/anxiety reduction, sleep and energy improvements.	
<i>Immerse (Sound Healing)</i>	27	Low	30-60	Immerse yourself in our relaxing yet uplifting session of sound meditation. This ancient practice using singing bowls has long been used in Eastern cultures to bring balance and healing into everyday life. <b>Main benefits:</b> Mind-body balance, total relaxation, grounding, energetic healing, perfect for people who can't switch off in self-guided meditation.	
<i>Breathe (Pranayama)</i>	27	Low	30-60	Pranayama refers to the movement or extension of breath or 'Prana' (life force). Yogis have long understood the benefits of breath work; how we breathe affects our physical and emotional states. Through the practice of Pranayama, we can strengthen the respiratory system, boost inner health and bring more peace and balance into every day. <b>Main benefits:</b> Mind-body and breath connection, concentration, mental clarity, purification, boost energy & vitality.	




<i>Ki</i>	27		45-90	An integrated yoga practice drawing on traditional Chinese and Japanese practices and philosophies. Working in line with the seasons and natural energy channels (meridians) of the body, this class focuses on a holistic mind-body-environment connection. <b>Main benefits:</b> Mind-body balance, energy rejuvenation, relaxation, purification, mental and emotional wellbeing. <i>If you are new to yoga, we recommend attending Foundation Flow at least once.</i>	
<i>Hatha</i>	27		45-90	A classical style of yoga focusing on technique mastery and breath (Pranayama) work. More holding and less flowing, this class allows participants to dive deeper into the purist elements of yoga. <b>Main benefits:</b> Mind-body balance, energy rejuvenation, relaxation, purification, mental and emotional wellbeing. <i>Beginners welcome.</i>	
<i>Iyengar (FW)</i>	27		45-90	Iyengar yoga could also be referred to as 'precision yoga'. This modified Hatha-style practice focuses intently on technique and alignment with a generous use of props. A moderately challenging class for those wanting to deepen their understanding of traditional yoga and improve their posture and efficiency of breath. <b>Main benefits:</b> Mind-body balance, strength, endurance, flexibility, posture progression. <i>Beginners welcome.</i>	




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Ashtanga	27		45-90	A strong 'yang' yoga practice that includes a set sequence of traditional postures, including sun salutations, standing balances, seated postures and inversions. This class is a practice for intermediate to advanced yogis. <b>Main benefits:</b> Mind-body balance, strength, endurance, flexibility, posture progression. <b>Beginners are encouraged to attend once they have a foundational practice.</b>	
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## BARRE

Barre	AC	Low - High	30-60	A complete workout which includes a fusion of Pilates, ballet and fitness. This class includes exercises designed to tone your body and create longer and leaner muscles.	
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## REFORMER PILATES CLASSES

Class Name	Temp	Intensity	Duration (mins)	Description	Image
<i>Reformer Foundation</i>	AC	Low	30-45	Reformer Pilates is a total body workout, designed to strengthen and tone the entire body at the same time as improving core strength and posture. This foundation class introduces the fundamentals of Pilates theory and the correct form and technique to gain the most benefit from all Reformer classes. <b>Main benefits:</b> Knowledge and understanding, strength and tone, core fitness and posture alignment. <i><b>This is a pre-requisite class for all other Reformer Pilates classes (at least 3-5 classes).</b></i>	
<i>Reformer Beginner</i>	AC	Low-Mod	30-45	Building upon 'Reformer Foundation', this beginner class focuses on mastering correct movement patterns and technique. Really start to experience the truly amazing benefits of Reformer Pilates in this full body workout, designed to develop core strength, muscle tone and definition and overall flexibility. <b>Main benefits:</b> Strength and tone, core fitness and posture alignment. <i><b>If you are new to Reformer Pilates, we recommend first attending Reformer Foundation at least 3-5 times.</b></i>	
<i>Reformer Intermediate</i>	AC	Mod-High	30-45	Reformer Intermediate requires prior experience of the Reformer Beginner class and a sound understanding of the Reformer Pilates method. Moving with increased pace and intensity the Intermediate classes will give you a full body workout, raising your heart-rate and further developing core strength, muscle tone, definition and flexibility. <b>Main benefits:</b> Strength and tone, core fitness and posture alignment. <i><b>If you are new to Reformer Pilates, we recommend first attending Reformer Foundation at least 3-5 times</b></i>	
<i>Reformer Pro</i>	AC	High	30-45	This Reformer Pilates class will enhance fitness and form, using techniques to strengthen, condition and tone the body from top to toe. The focus is on precision and control for efficient and effective results. <b>Main benefits:</b> Strength and tone, core fitness and posture alignment. <i><b>If you are new to Reformer Pilates, we recommend first attending Reformer Foundation at least 3-5 times.</b></i>	



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<i>Reformer Cardio</i>	AC	Mod-High	30-45	Reformer Cardio is a Reformer Pilates class that includes all the elements and benefits of 'Reformer Pro' with an added component of cardio. Perfect for anyone wanting to work their cardiovascular system at the same time as toning and conditioning the entire body. <b>Main benefits:</b> Cardio fitness, strength and tone, core fitness and posture alignment. <i>If you are new to Reformer Pilates, we recommend first attending Reformer Foundation at least 3-5 times.</i>	
<i>Mat Pilates</i>	AC	Low-High	30-45	Mat Pilates is a total body conditioning class, using all 8 principles of the Pilates method, focusing on control and precision of movement for the most effective results. This class will strengthen, tone and condition the entire body, working from the core outwards. Occasionally props are incorporated into the routine for optimal results. <b>Main benefits:</b> Strength and tone, core fitness and posture alignment.	
<i>Mat Pilates (Hot)</i>	39-42	Mod-High	30-45	Mat Pilates (Hot) is a total body conditioning class, in a heated environment (39-42°C) for added intensity and cardiovascular conditioning. This class will strengthen, tone and condition the entire body, working from the core outwards. Occasionally props are incorporated into the routine for optimal results. <b>Main benefits:</b> Strength and tone, core fitness and posture alignment, cardiovascular fitness.	



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