1. User-Friendly Platform

Description: Our intuitive interface ensures a seamless experience, making it easy for you to find and join your favorite yoga classes with just a few clicks.

2. Comprehensive Class Library

Description: Access a wide range of yoga styles and levels, from beginner to advanced, including Hatha, Vinyasa, Yin, and more, all available on-demand.

3. Expert Instructors

Description: Learn from certified yoga instructors who guide you through each session with clear, detailed instructions and modifications for all levels.

4. Community Support

Description: Join a supportive community of fellow yoga enthusiasts. Share your progress, get tips, and stay motivated with our interactive forums and social media groups.

5. Personalized Experience

Description: Tailor your yoga journey with personalized class recommendations based on your preferences, goals, and skill level.

6. Free to Use

Description: Enjoy access to a variety of yoga classes and resources at no cost, making it easy for everyone to start their yoga journey without financial barriers.

Instructor

1 Esther Ekhart

Esther Ekhart, face and founder of EkhartYoga, brings years of personal yoga and meditation practice, therapy training and study of yoga philosophy into her teaching.

David Lurey

David Lurey interweaves spiritual teaching themes into his teaching, along with intelligent sequencing, a heartfelt passion for music, and a dose of humour.

Julie Martin

Julie Martin encourages freedom in movement and the evolution of your personal and teaching practice. Join her in the intelligent yoga rebellion!

David Kam

David Kam is a movement artist on a mission to champion movement as a creative practice through curiosity and play.

Wild Thing Pose (Camatkarasana)

<img src="/mnt/data/yogapost1.jpg" alt="Wild Thing Pose"> An expressive backbend that opens the chest, shoulders, and hips, promoting both strength and flexibility. Perfect for adding a playful element to your practice.

Warrior I (Virabhadrasana I)

<img src="/mnt/data/yogapost2.jpg" alt="Warrior I Pose"> A strong standing pose that builds strength and endurance in the legs, core, and back. It also enhances balance and opens the chest.

Marichyasana C (Seated Twist Pose)

<img src="/mnt/data/yogapost3.jpg" alt="Marichyasana C Pose"> A seated twist that stretches the shoulders, back, and hips, improving spinal flexibility and aiding in digestion. This variation includes a leg bind, which deepens the stretch and challenges balance.

Without gradient  
body {

    font-family: 'Arial', sans-serif;

    margin: 0;

    padding: 0;

    height: 500vh;

    background-color: #F0F4F8;

}

header {

    position: sticky;

    top: 0;

    z-index: 1000;

    background-color: #1C2735;

    display: flex;

    align-items: center;

    padding: 10px 0;

}

.sticky-nav {

    display: flex;

    align-items: center;

    width: 100%;

    max-width: 1200px;

    margin: 0 auto;

    padding: 0 20px;

    box-sizing: border-box;

    position: relative;

}

.sticky-nav .logo {

    flex-shrink: 0;

}

.sticky-nav .logo img {

    height: 50px;

}

.sticky-nav ul {

    list-style-type: none;

    margin: 0;

    padding: 0;

    display: flex;

    justify-content: center;

    flex-grow: 1;

    align-items: center;

}

.sticky-nav ul li {

    margin: 0 15px;

}

.sticky-nav ul li a {

    color: white;

    text-decoration: none;

    padding: 14px 20px;

    display: block;

    text-align: center;

    transition: background-color 0.3s, color 0.3s;

}

.sticky-nav ul li a:hover {

    background-color: #4e6c92;

    border-radius: 4px;

    color: #F0F4F8;

}

.background-image {

    position: relative;

    background: url('logo.jpg') no-repeat center center/cover;

    height: 90vh;

    display: flex;

    justify-content: center;

    align-items: center;

}

.glass-effect {

    background: rgba(0, 0, 0, 0.5);

    height: 50vh;

    width: 80vw;

    border-radius: 10px;

    padding: 20px;

    text-align: center;

    color: white;

    backdrop-filter: blur(4px);

    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.2);

}

.glass-effect h1 {

    margin: 20px 0 10px 0;

    font-size: 4em;

    padding: 10px 0;

    color: #ffffff;

}

.glass-effect button {

    background-color: #4CAF50;

    border: none;

    width: 200px;

    color: white;

    padding: 15px 32px;

    text-align: center;

    letter-spacing: 3px;

    font-weight: bold;

    text-decoration: none;

    display: inline-block;

    font-size: 16px;

    border-radius: 15px;

    cursor: pointer;

    transition: background-color 0.3s;

}

.glass-effect button:hover {

    background-color: #45a049;

}

.glass-effect h3 {

    margin: 10px 0 0 0;

    font-size: 2.5em;

    padding: 10px 0;

    color: #ffffff;

}

.glass-effect p {

    font-size: 1.2em;

    color: #ffffff;

}

.cards-section {

    text-align: center;

    margin: 50px 0;

    color: #1C2735;

}

.cards-section h2 {

    font-size: 2.5em;

    margin-bottom: 40px;

}

.card-container {

    display: flex;

    justify-content: center;

    align-items: flex-start;

    flex-wrap: wrap;

    gap: 100px;

    margin-top: 20px;

}

.card {

    background: white;

    border-radius: 10px;

    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.2);

    overflow: hidden;

    text-align: center;

    width: 300px;

    transition: transform 0.3s;

    display: flex;

    flex-direction: column;

}

.card img {

    width: 100%;

    height: 200px;

    object-fit: cover;

}

.card h2 {

    font-size: 1.5em;

    margin: 15px 0;

    color: #1C2735;

}

.card p {

    padding: 0 15px 15px 15px;

    font-size: 1em;

    color: #333;

    flex-grow: 1;

}

.card:hover {

    transform: scale(1.05);

}

.testimonials-section {

    padding: 50px 0;

    text-align: center;

    background-color: #D6E5E3;

    color: #1C2735;

}

.testimonials-section h2 {

    font-size: 2.5em;

    margin-bottom: 40px;

}

.testimonial-container {

    display: flex;

    justify-content: center;

    align-items: center;

    flex-wrap: wrap;

    gap: 30px;

}

.testimonial {

    background: white;

    border-radius: 10px;

    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.2);

    overflow: hidden;

    text-align: center;

    width: 300px;

    padding: 20px;

}

.testimonial p {

    font-size: 1.2em;

    color: #333;

}

.testimonial h3 {

    margin-top: 15px;

    font-size: 1.2em;

    color: #1C2735;

}

.instructors-section {

    text-align: center;

    margin: 50px 0;

    color: #1C2735;

}

.instructors-section h2 {

    font-size: 2.5em;

    margin-bottom: 40px;

}

.instructor-container {

    display: flex;

    justify-content: center;

    align-items: center;

    flex-wrap: wrap;

    gap: 30px;

}

.instructor {

    background: white;

    border-radius: 10px;

    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.2);

    overflow: hidden;

    text-align: center;

    width: 250px;

    padding: 20px;

}

.instructor img {

    width: 150px;

    height: 150px;

    object-fit: cover;

    border-radius: 50%;

    margin-bottom: 20px;

}

.instructor h2 {

    font-size: 1.5em;

    margin: 15px 0;

    color: #1C2735;

}

.instructor p {

    font-size: 1em;

    color: #333;

}

.contact-section {

    padding: 50px 0;

    text-align: center;

    background-color: #D6E5E3;

    color: #1C2735;

}

.contact-content {

    display: flex;

    justify-content: center;

    align-items: center;

}

.contact-image {

    width: 600px; /\* Adjust the width as needed \*/

    margin-left: 50px;

    margin-right: 150px; /\* Add some margin to separate the image from the form \*/

    border-radius: 10px; /\* Optional: Add border-radius for rounded corners \*/

}

.contact-form-wrapper {

    flex: 1;

    text-align: left;

}

.contact-form {

    display: flex;

    flex-direction: column;

    align-items: flex-start;

}

.contact-form label {

    font-size: 1.2em;

    color: #333;

    margin-bottom: 10px;

}

.contact-form input,

.contact-form textarea {

    width: 100%; /\* Occupy the full width of the container \*/

    max-width: 400px; /\* Set a maximum width for better readability \*/

    padding: 10px;

    margin-bottom: 20px;

    border: 1px solid #ccc;

    border-radius: 5px;

    font-size: 1em;

}

.contact-form button {

    background-color: #4CAF50;

    border: none;

    width: 100%;

    max-width: 200px; /\* Set a maximum width for better readability \*/

    color: white;

    padding: 15px 32px;

    text-align: center;

    font-size: 16px;

    border-radius: 15px;

    cursor: pointer;

    transition: background-color 0.3s;

}

.contact-form button:hover {

    background-color: #45a049;

}

**Game Title:** Aquatic Relic Run

**Description:** Aquatic Relic Run is a competitive aquatic game where two teams engage in a thrilling race across the width of the pool. The objective is to retrieve valuable relics positioned at Point B and return them to Point A within a designated time frame. Each team comprises 5 to 6 members who must demonstrate speed, teamwork, and endurance to outmaneuver their opponents.

**Game Mechanics:**

1. **Team Setup:** Two teams are formed, each consisting of 5 or 6 members.
2. **Course Layout:** The pool is divided into two points - Point A and Point B, positioned at opposite ends of the width of the pool.
3. **Objective:** Teams race from Point A to Point B, retrieve a designated object (relic), and return it to Point A.
4. **Time Limit:** A 5-minute time frame is allocated for each run.
5. **Scoring:** The team that retrieves and returns the most objects within the time limit wins the round.
6. **Best-of-Five Matches:** Matches are played in a best-of-five format, meaning the first team to win three rounds wins the match.
7. **Duration:** Each match has a total duration of 25 minutes, comprising three 5-minute rounds.
8. **Customization:** Organizers have the flexibility to adjust the number of target points for relics, such as best-of-five or best-of-seven matches, depending on player preference and available time.

**Winning Criteria:** The team that wins two out of three rounds, or the majority of rounds in a custom match format, is declared the winner of the match.

**Objective:** Aquatic Relic Run combines speed, strategy, and teamwork, offering a dynamic and exhilarating competition for participants and spectators alike, with the flexibility to tailor match duration and intensity to suit different preferences and event schedules.