
Namaste

Yoga Studios

Let's take a deep breath and explore the possibilities. We believe in the power of community, and the magic that can happen when we come together to share our practice. Partnering with us means unlocking new opportunities, expanding your reach and creating a welcoming space for yogis of all levels. Let's breathe, move and grow together.

Host Now!

email
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namastebh.com

Yoga for beginners

Step by step guide for beginners building basic knowledge and confidence

Duration: 12 classes x 90 minutes

Start or deepen your Yoga journey in a fun, nurturing and safe environment that aims to create a strong foundation for a healthy and injury-free yoga practice .

This 12 class course focuses on the breath to still the mind, open the heart and heal the body. You will experience relief from physical pain, better sleep, reduction in stress levels, increase in strength, flexibility, energy levels and overall wellbeing.

You will explore correct breathing techniques, proper alignment and the basics of Yoga poses so you can walk into any Yoga class comfortably and confidently.

This series is open to absolute beginners regardless of adult age or size, as well as to those students with a background in yoga who wish to improve their yoga practice.

Breathing for Emotional Healing

Breathing for various mental and emotional complaints.

Duration: 5 classes x 90 minutes

Feel better, sleep better, have better relationships, improve your health and make a meaningful change in your life.

Often when we are faced with grief, sadness, or anger, those feelings are suppressed turning into depression, anxiety, addiction or insomnia.

Your breath is a tool that will be there for you for the rest of your life. Build an intimate and close relationship with your breath and experience deep relaxation, rejuvenation and transformation. Through carefully chosen breathing techniques, and some simple movements you will build the skills of mindfulness, presence and contentment in a truly eye opening experience.

This workshop is suitable for all fitness levels, backgrounds and ages. Everyone is welcome and included in this extraordinary yet simple to follow workshop.

From Fearful to Fierce

How to transform anxiety into power

Duration: 9 classes x 90 minutes

Fear can be disabling us from pursuing and enjoying life the way we can. Some of us are scared of being alone, failing, losing the ones we love, getting sick, the list is endless!

This course includes elements of Yoga, psychotherapy & hypnotherapy to empower you to deal with the things that scare you the most.

This course is for you if you have anxiety, stress, phobias, OCD or feel scared more often than you'd like.

Class 1: Understanding Anxiety

Class 2: Breathing for anxiety

Class 3: Hypnosis: The safe space

Class 4: Yoga class: owning your body

Class 5: Support group

Class 6: Breathing for anxiety

Class 7: Hypnosis: Changing behaviours

Class 8: Yoga: embodied movements

Class 9: Support group

After the course, you will receive an email with information from the classes so you can practice what you learned on your own.

Holding the Space

Learning how to show up effectively and improve relationships

Duration: 3 hours

Many of us are experiencing emotional, mental and sometimes physical disturbances. Our need to rely on one another is at an all time high. Many are finding it difficult to be there for people we care about.

In this workshop we will explore the art of holding the space. To develop a presence that is soothing, comforting and healing while at the same time taking care of ourselves by communicating our feelings, needs and boundaries. This is for anyone who would like to learn how to show up in a more compassionate, effective and embodied ways.

This workshop is based on the ideas of compassion, nonviolent communication and validating one's own experiences

Fall In Love With Reality

Contentment and active engagement in the present

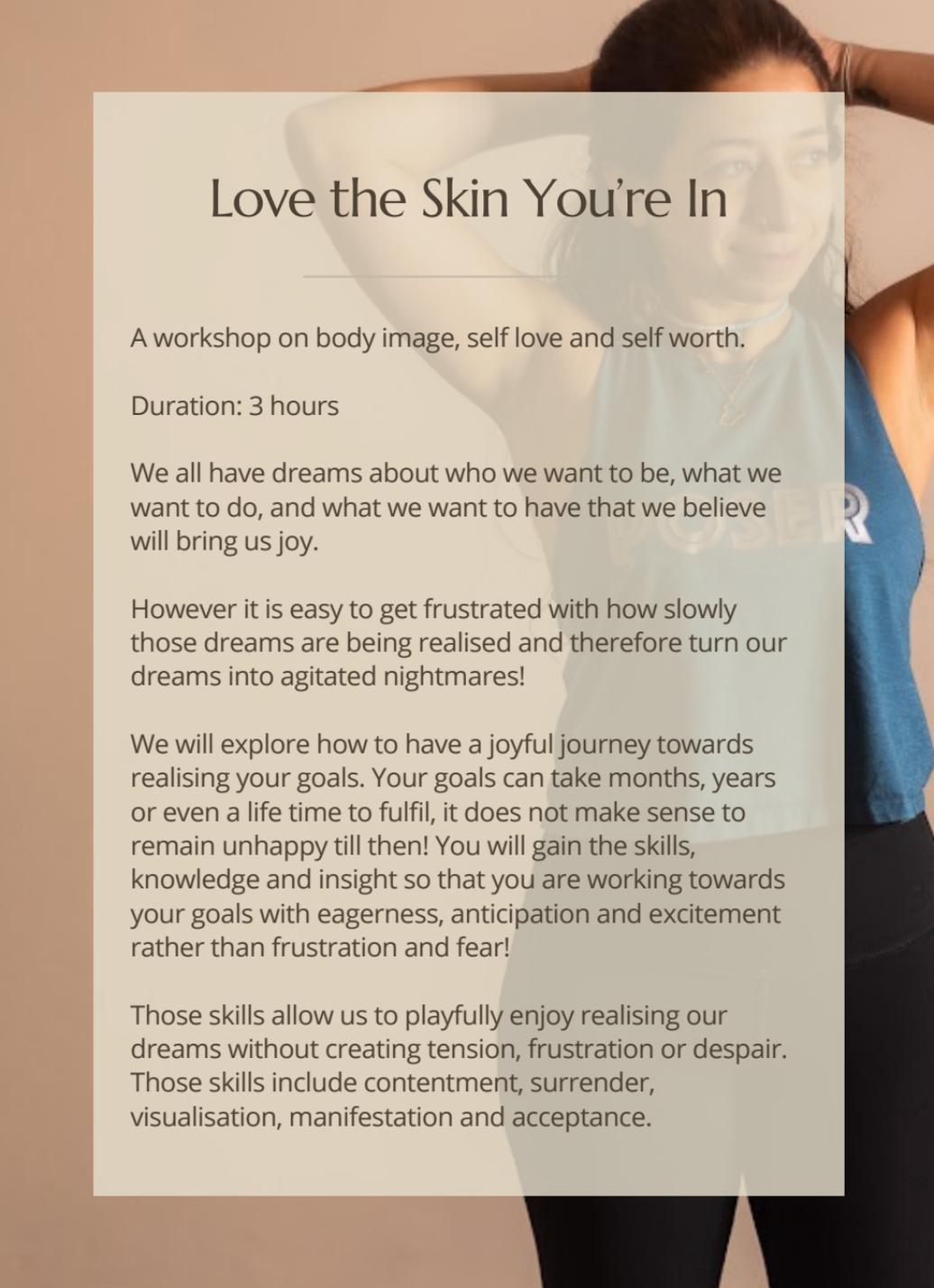
Duration: 5 hours

We all have dreams about who we want to be, what we want to do, and what we want to have that we believe will bring us joy.

However it is easy to get frustrated with how slowly those dreams are being realised and therefore turn our dreams into agitated nightmares!

We will explore how to have a joyful journey towards realising your goals. Your goals can take months, years or even a life time to fulfil, it does not make sense to remain unhappy till then! You will gain the skills, knowledge and insight so that you are working towards your goals with eagerness, anticipation and excitement rather than frustration and fear!

Those skills allow us to playfully enjoy realising our dreams without creating tension, frustration or despair. Those skills include contentment, surrender, visualisation, manifestation and acceptance.



Love the Skin You're In

A workshop on body image, self love and self worth.

Duration: 3 hours

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I Don't Mind

A workshop on equanimity and contentment.

Duration: 3 hours

“Where would I find enough leather
To cover the entire surface of the earth?
But with leather soles beneath my feet,
It's as if the whole world has been covered.”

— Shantideva

We live our lives with frustration, disappointment and fear that comes from the constant need to change someone, or something. The mind promises us that when that change happens, we will be happy. The mind postpones our happiness indefinitely, jumping from one goal to the next. In this workshop we will take a deep dive within ourselves to learn to watch the tricks the mind plays in order to find joy in moments as they unfold. When we "don't mind" the outcome of events, scenarios and relationships we become free, content and peaceful.

The class will start with a short talk followed by breathing, mindful movements and a short mindfulness meditation. All levels welcome.

Introduction to Levitation

Basics of Aerial Yoga

Duration: 6 classes x 1 hour

This course is an introduction to the basics of Aerial Yoga. This course is broken down to help you build confidence so you can enjoy a safe and easy to follow levitation class.

A levitation class is a yoga class taught with the body (or parts of it) supported by a Yoga swing suspended from the ceiling. Using the swing can help you go deeper into your yoga practice as it help you:

- rediscover poses you've practiced many times before
- go deeper into poses
- make easy poses more challenging
- achieve poses you could not before
- heal back and neck aches using traction
- awaken and nurture your inner child

Boundaries for Yoga Teachers

Teaching Yoga teachers to set and enforce healthy boundaries with students

Duration: 4 hours

In this workshop, we will explore how to define, set, and enforce your own boundaries and make conscious choices on how to react to certain interactions with students.

Schedule

Yoga practice with poses, breathing, and meditation (2 hours)

Discussion on boundaries: what they are, how to set them, why they are important, and the choices you have (1 hour)

Hypnosis for boundaries (30 minutes)

Q&A (30 minutes)

Health Path

Defining and Following your own understanding of health

Duration: 6 classes x 90 minutes

This course uses concepts from Hypnotherapy, Psychotherapy, Yoga and Breathing so that you are truly empowered to take ownership of your health, learn to connect with your body's true needs, find joy in movement and learn to love yourself again.

Classes:

- The No Diet Plan
- Embodied Yoga
- Support Group
- Embodied Yoga
- Hypnosis: Future You
- Breathing for Health
- Hypnosis: Changing Behaviours
- Breathing for Health
- Hypnosis: Self Confidence

Journey of A Butterfly

Moving Through change with grace and courage

Duration: 10 classes x 90 minutes

"The only constant is change."

- Heraclitus.

Everything changes: careers, grief, family changes and good old fashioned existential crisis. Many of us want the change, while others have no choice as change was forced upon them. Either way, this course will help you understand the phases of change so you make sure to work through each phase deliberately and consciously, creating the future you always wanted for yourself.

We will be working through the four phases of change according to Martha Beck:

1. Dissolving: acknowledging, grieving and self care.
2. Imagining and scheming: being clear on what you want and where you're heading.
3. Reforming: being prepared for the long term.
4. Full flight: enjoying the changes!

Every week will be different: combining yoga, hypnosis, breathing, support groups and journalling.