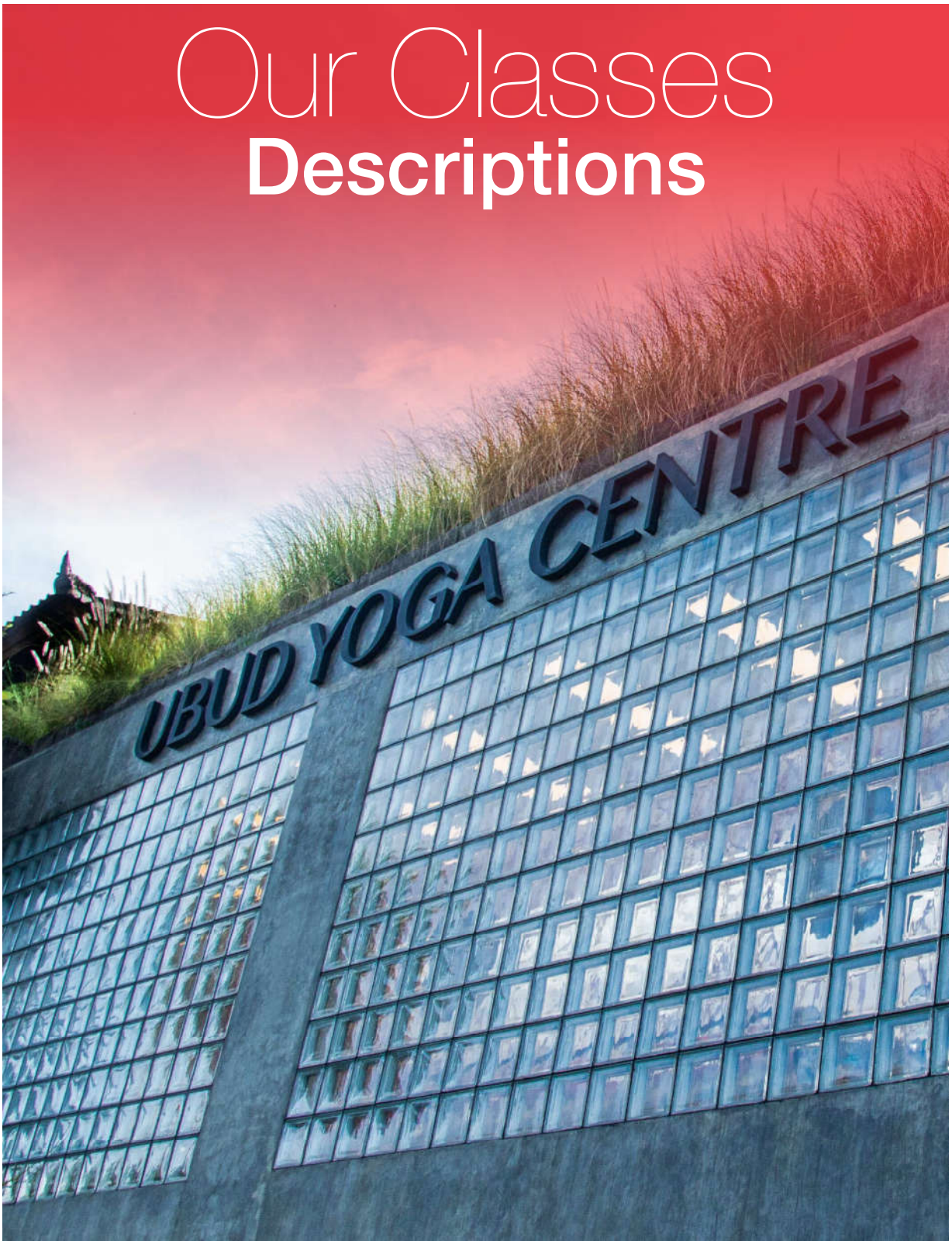
UBUD YOGA CENTRE

Our Classes
Descriptions



Bikram Hot Yoga

Classic 90''

includes all 26 postures - done in 2 sets each and 2 breathing exercises, and is taught in a heated room.

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suitable for all levels

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ages 18+

Bikram Hot Yoga

Express 60''

includes the same sequence as the classic 90” but shortened to 60 minutes and is taught in a heated room.

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suitable for all levels

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ages 10+ (with parental supervision) and 18+

HIIT Inferno HOT Pilates **60''**

is a full-body training, which combines Pilates principles with High Intensity Interval Training, and is taught in a heated room.

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suitable for all levels but kids & older adults may find it challenging

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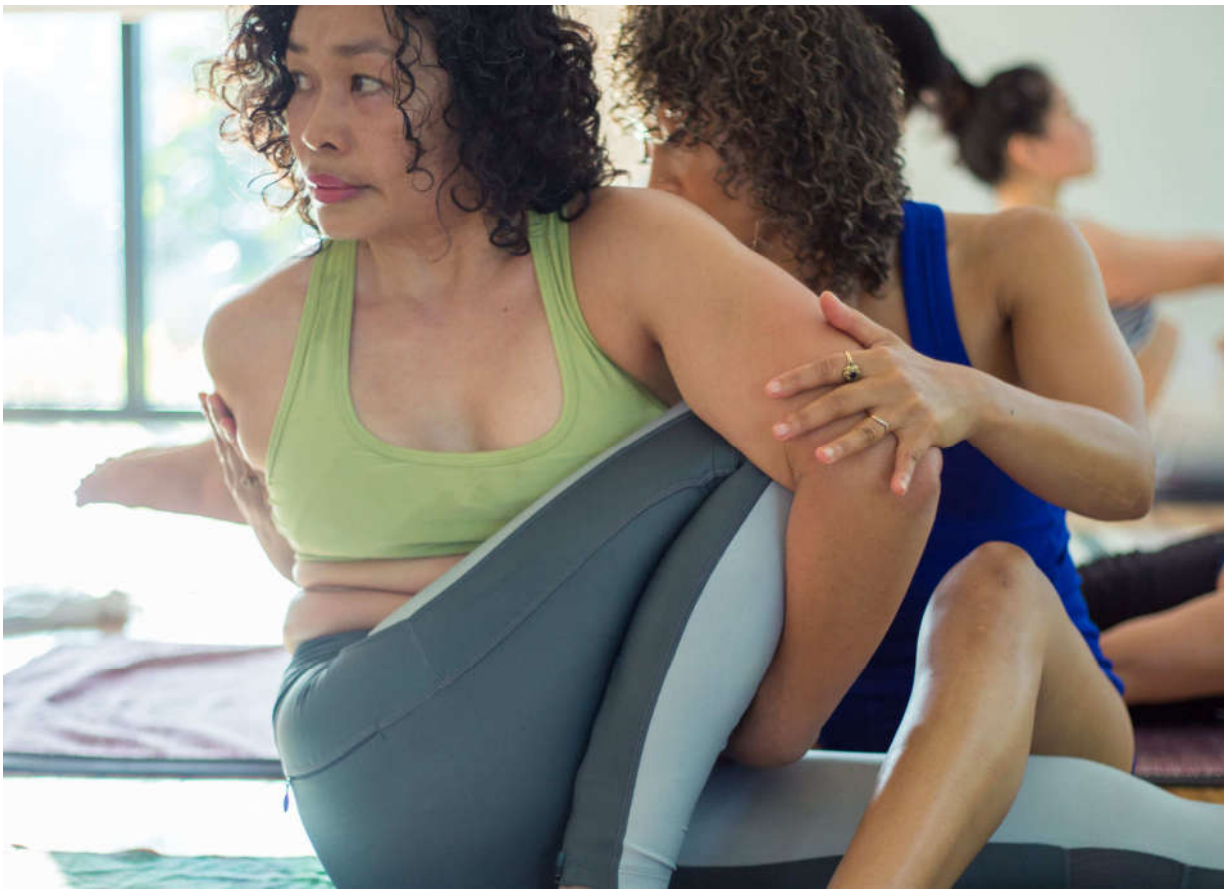
ages 10+



Ashtanga Yoga
Mysore

is an individualized practice which is developed and overseen by the teacher. Postures are learned one by one, and as they are "mastered", the student gradually builds a personal practice.

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suitable for all levels

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ages 10+

Intro to
Ashtanga Yoga

is an introduction class of Ashtanga Yoga sequence in a slower pace and you will only do half of the primary series sequences.

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suitable for all levels

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all age groups

Ashtanga
Primary LED

is a physically demanding practice, wherethe teacher calls out the names of the poses in Sanskrit, along with the counts, and the students move together, in sync with the counts.

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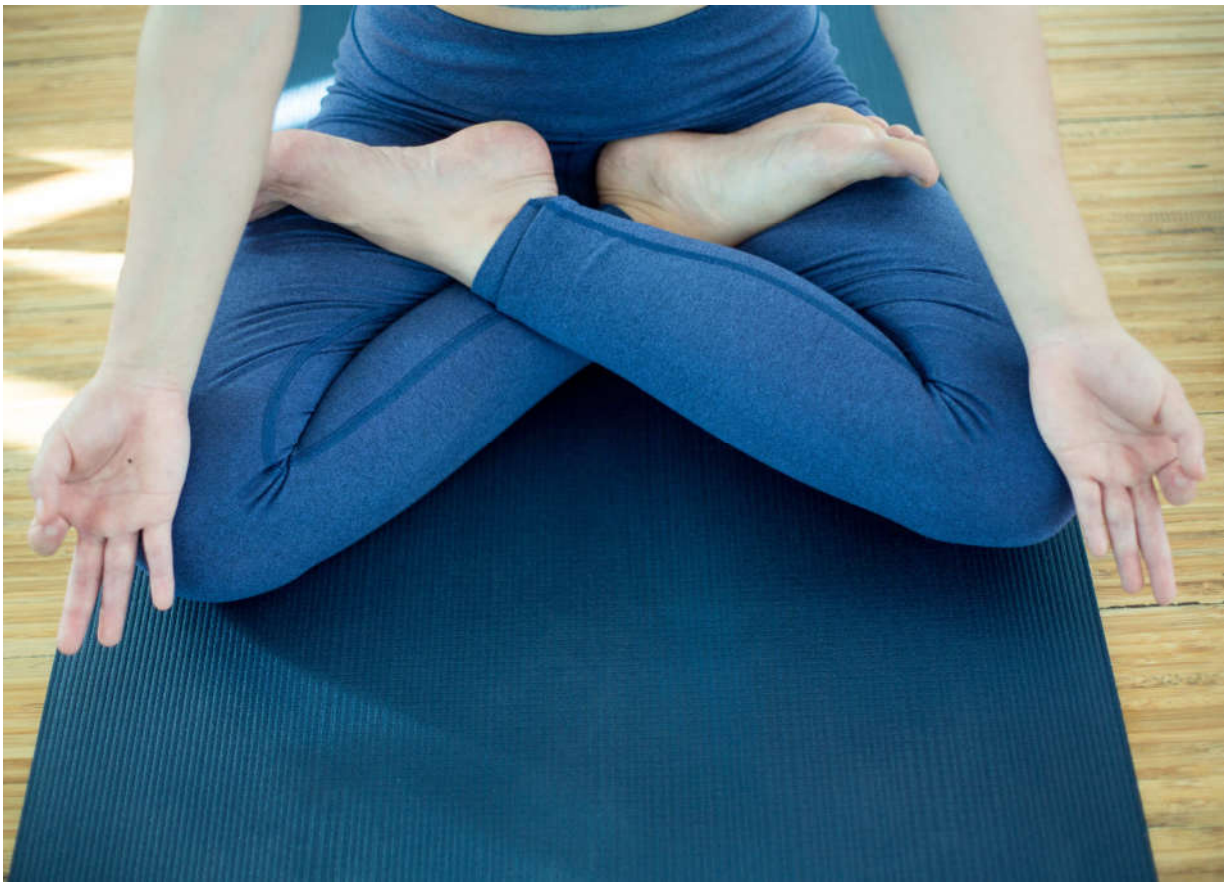
suitable for all levels but not for kids and older adults



Yin Yoga

is a slow-paced practice focused on applying moderate stress to the connective tissues - tendons, fascia, and ligaments - with the aim of increasing circulation in the joints and improving flexibility.

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suitable for all levels

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ages 18+

Hatha Yoga

is a thoughtful, slower-paced class focusing on alignment, breath, controlled or methodical movements, and stretching. Performed one posture at a time before the next posture.

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suitable for all levels

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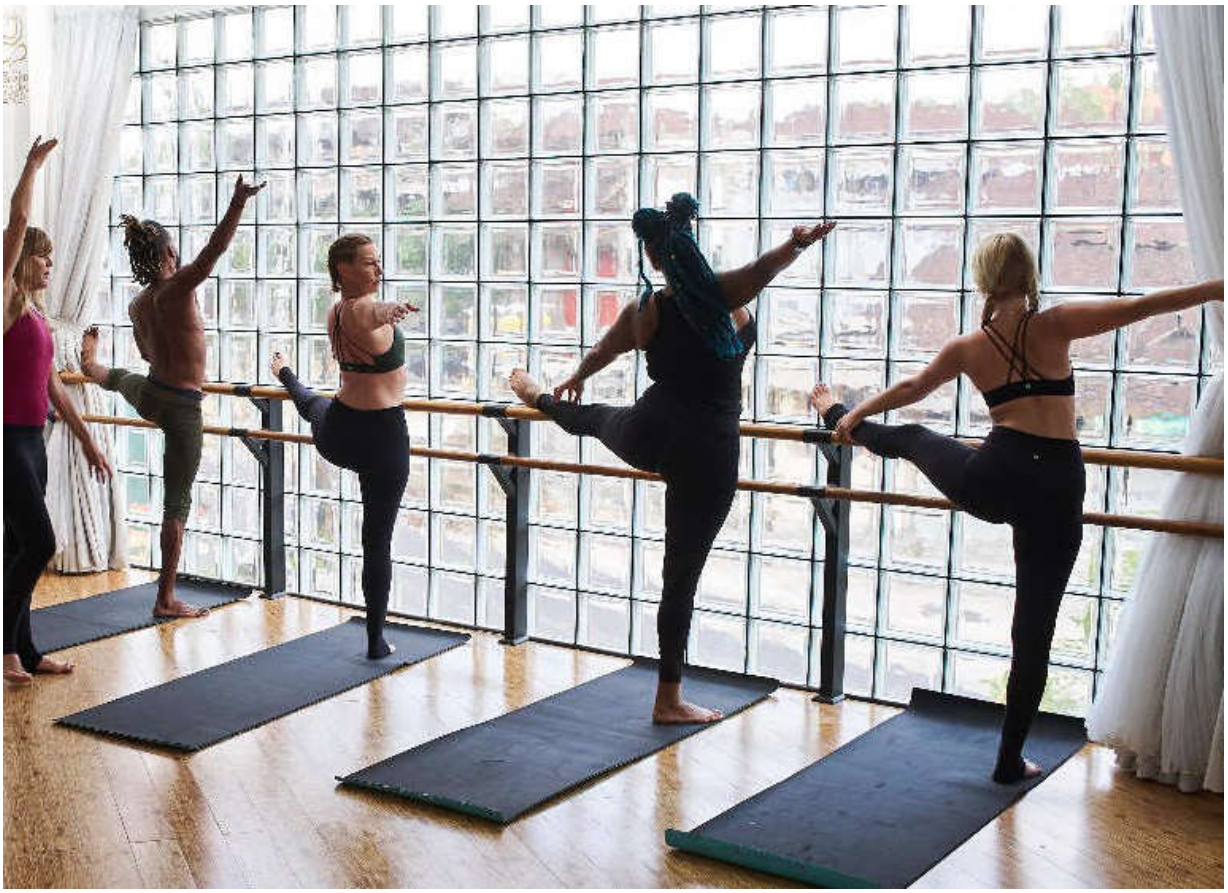
ages 18+



Hot Barre

is a fun, full-body workout designed to lengthen and strengthen your body through a fusion of Pilates, Yoga and Ballet and is taught in a heated room.

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suitable for all levels

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ages 18+

Hot Power Vinyasa

is a creative dynamic challenging flow style that allows you to explore the balance between breath and movement and is taught in a heated room.

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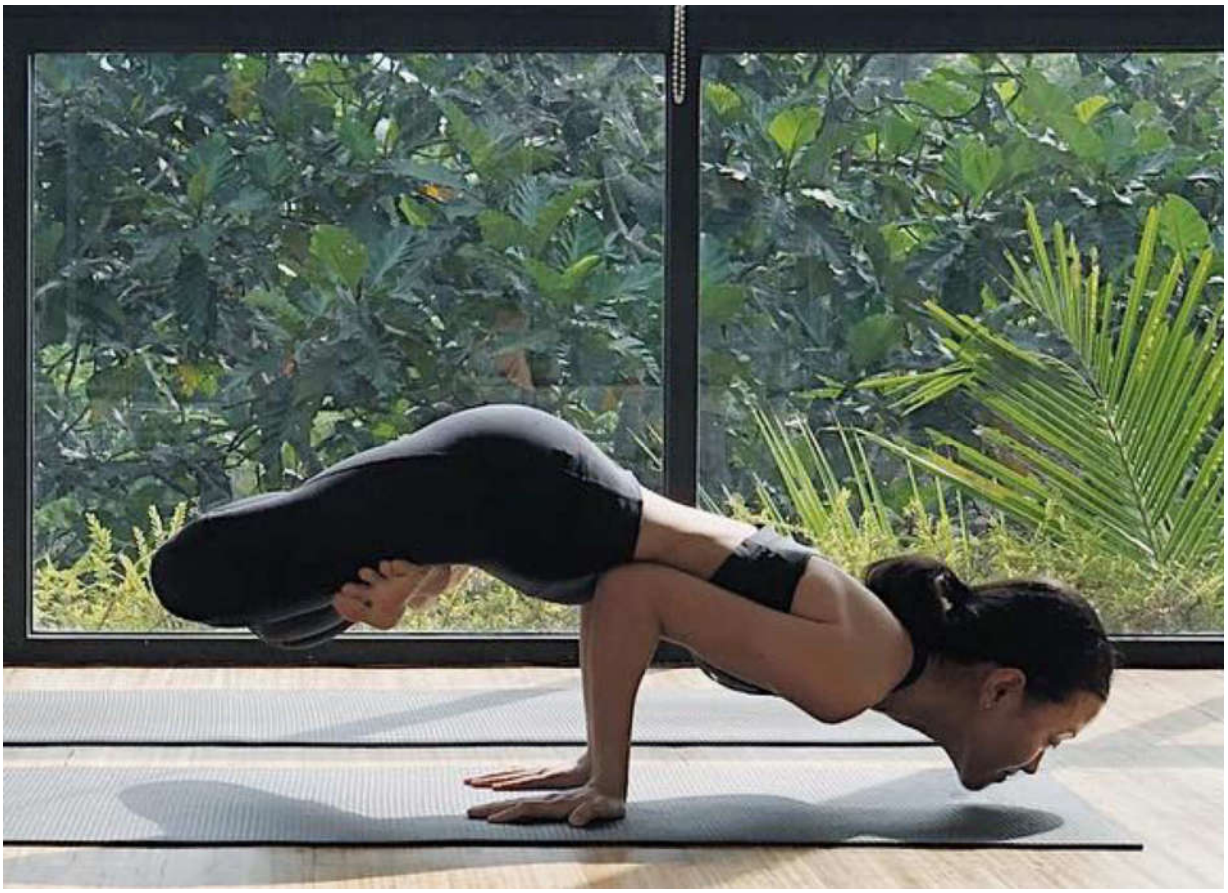
suitable for intermediate to advanced, not for kids and older adults



Vinyasa Yoga

is a creative dynamic challenging flow style that is structured to build strength and foundation while you explore a repertoire of poses and transitions

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suitable for intermediate to advanced, not for kids and older adults

Kundalini Yoga and Meditation

is a type of yoga that involves chanting, singing, breathing exercises, and repetitive poses and designed to awaken energy in the spine, loosening joints and muscle areas, and opening subtle energy channels.

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suitable for all levels

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ages 10+ (with parental supervision) and 18+

Hot Sculpt

is a mix between Hot Yoga, Hot Pilates, and our Barefoot Bootcamp! This class incorporates yoga postures into the format of a rigorous exercise, and is taught in a heated room. Choose from various hand weights to fit your needs.

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suitable for all levels

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ages 18+

Aerial Yoga

is a fun, unique style of yoga, which allows students to experience yoga postures differently using belts/hammock suspended from the ceiling.

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suitable for all levels but not for cancer patients, pregnant women or those who suffer from vertigo, and those with eye disorders.

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ages 18+

Warrior Yoga

is a unique system of asana-based training where you will alternate between holding a yang posture (strength posture) for 60 seconds and a yin posture {flexibility posture) for 60 seconds.

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suitable for all levels

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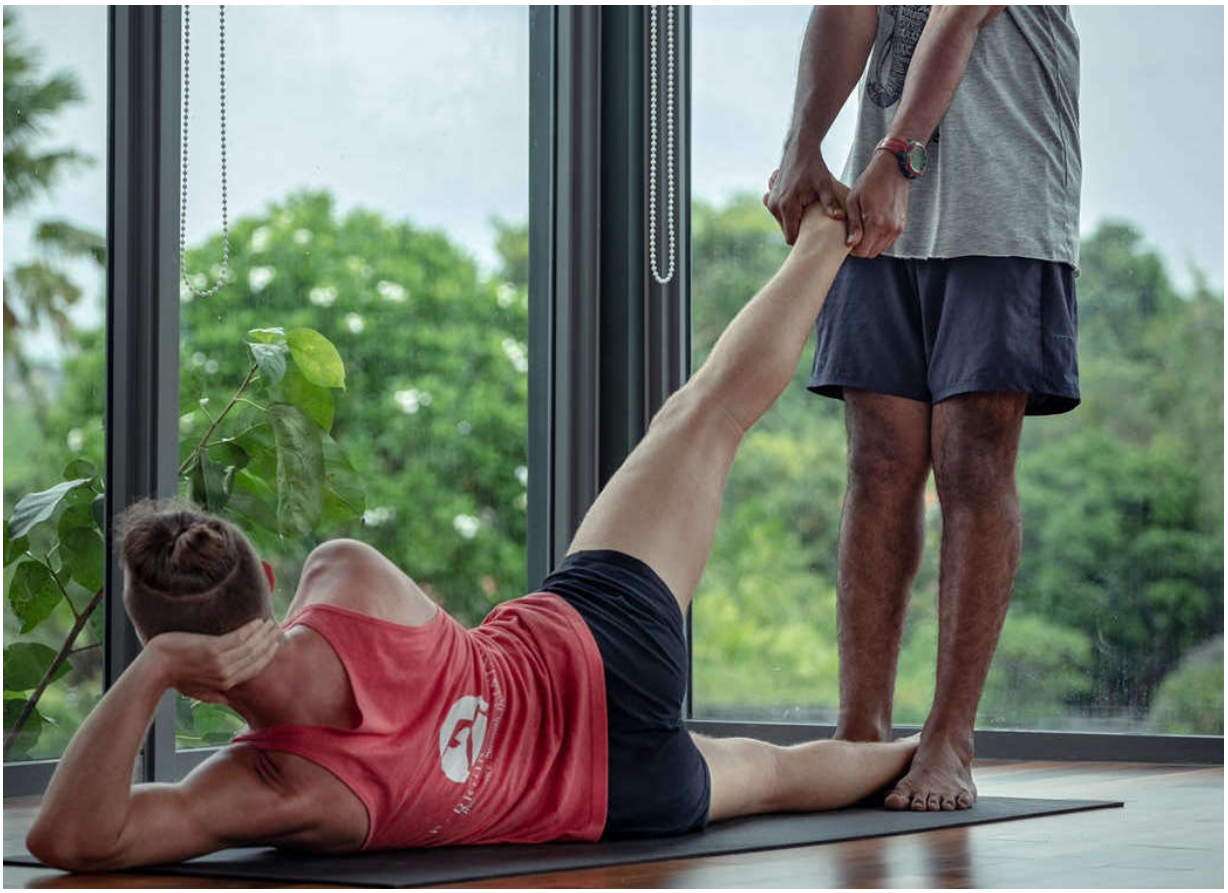
ages 18+



Yoga Therapy

is a type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health.

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suitable for all levels

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ages 18+

Breathworks

is a practice of paying conscious attention to the way that you're inhaling and exhaling using a variety of breathwork exercises.

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suitable for all levels

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ages 18+

Kids Yoga

is a form of modern yoga designed for children. Classes are intended to be fun and may include age-appropriate games, animal sounds and creative names for poses.

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suitable for ages 6-9