

ARGOS ● SPA
YOGA MENU



POWER YOGA

Power yoga is about freedom and discovery. This style of yoga was born from a traditional ashtanga-style practice resulting in sun salutation and vinyasa (a smooth way that asana/poses flow together) sequencing throughout the practice. Intended as a moving meditation, it focuses the mind to override self-imposed limitations through the flow of vinyasa, opening the body into deep poses and strengthening it for more advanced holds.

This class is best for intermediate students, but all levels are welcome.

90 minutes

THERAPY YOGA

Therapy yoga for back and neck pain is a specialized form of yoga designed to alleviate discomfort and promote healing in these sensitive areas. This therapeutic practice incorporates gentle, mindful movements and stretches, focusing on alignment, strength and flexibility. Each session is tailored to address the unique needs of individuals suffering from chronic pain, injuries, or posture-related issues.

60 minutes

HATHA YOGA

Traditional Hatha yoga includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which helps in bringing peace to the mind, body and preparing the body for deeper spiritual practices such as meditation.

This class is perfect for early mornings and is open for all levels, beginner to advanced.

75 minutes

BEGINNER YOGA

Beginner yoga is designed for students who are new to yoga and would like to learn basic breathing and alignment techniques while building a stronger practice. The class is slower-paced than vinyasa flow or an all-levels class. Students will be introduced to postures through verbal and visual instruction and will have time to get into the proper position and alignment before moving on. This class aims to be both informative and fun, helping students build a solid foundation in yoga asana. Come learn, play and even break a sweat in a relaxed and supportive environment.

75 minutes

VINYASA FLOW

Poses are carefully sequenced and continually flow together connected with the breath. Often an adventure in sweat and stamina, vinyasa flow develops strength, flexibility and balance for mind and body.

This class is open for all levels, beginner to advanced.

75 minutes

YIN YOGA & GUIDED MEDITATION

Yin yoga is a therapeutic style of yoga where poses (asanas) are practiced on or close to the ground, allowing gravity to help you go deeper into each pose. Focus is placed on the breath, which is crucial for allowing the body to unwind and release tension. Poses are held for a longer duration than in dynamic styles, inviting calming intentions to harmonize the mind and body. This style offers healing benefits by resting the body, creating space and promoting a freer flow of prana, which aids in injury recovery and self-healing.

60 minutes

ACRO YOGA FOR BEGINNERS

Come experience an open-level practice designed for beginners to explore the fundamentals of acro yoga, including basing, flying and spotting. This beginner-level acro yoga class is designed to be informative, fun and accessible to all. Whether you are new to yoga or looking to expand your practice, come learn, play and grow in a relaxed and encouraging environment.

60 minutes

HEALING YOGA NIDRA

The emphasis of the healing yoga nidra practice is to encourage healing, nurturance, rejuvenation and rest.

This yoga nidra practice will guide you through 64 points of relaxation, assisting you to experience a theta wave state, giving your mind the ability to fully receive positive affirmations.

45 minutes

FIT YOGA (ABS & GLUTES)

Fit yoga (abs & glutes) combines functional training, yoga, strength training and sports stretching into one comprehensive fitness class. This low-impact workout is designed to enhance your fitness level by targeting core strength, flexibility, stability, balance and posture. As you seamlessly transition from one exercise to the next, you'll experience a well-rounded routine that tones and sculpts your abs and glutes.

60 minutes

MEDITATION

Join us for a transformative meditation experience as we explore ancient techniques such as Kundalini or Nadabrahma. In this class, you will delve deep into the realms of consciousness, tapping into the inner wisdom and peace that resides within you.

70 minutes

ACTIVE SUFI MEDITATION

Whirling Inner Love Dance: Embark on a journey to awaken the love within your heart through the sacred practice of Sufi meditation. In this transformative experience, you'll learn the art of whirling and immerse yourself in the present moment, finding balance and harmony within.

60 minutes

FUNCTIONAL TRAINING & YOGA

Discover the perfect blend of strength, mobility and mindfulness in our functional training and yoga fusion class. This dynamic session combines the benefits of functional training exercises with the calming and centering practices of yoga, offering a holistic approach to fitness and well-being.

60 minutes