

# CLASS TYPES

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ONEY

## ONEY CLEAR

### SLOW FLOW

Gentle class with slow movements and deep stretching.

Zoom in on your lower back, neck and shoulders, and clear pain once and for all. Focus is to CLEAR & HEAL.

## ONEY GRND

### POWER FLOW

Powerful class to train stamina and strength.

Zoom in on your sixpack, glutes and legs and build unshakable core strength. Focus is to GROUND & CHARGE.

## ONEY TAPAS

### GO DEEP

Go deep class to cultivate determination, focus, and willpower.

Prepare for inversions and learn to safely explore your limits. Focus is to BALANCE & BUILD.

No yoga would be fun without at least a head stand. But it does not need to be, there are many other ways to challenge your balance and focus your mind. For every body and mind, we recommend to CYCLE & GROW through the different class types. The word tapas is derived from the Sanskrit root 'tap', which means to heat or to burn.