

A woman with dark hair in a ponytail, wearing a white one-piece swimsuit with a backless design, is sitting in a meditative lotus position on the edge of an infinity pool. Her arms are extended horizontally to the sides in a mudra. The pool's surface is calm, reflecting her and the sky. In the background, the ocean stretches to the horizon under a soft, orange-hued sunset sky.

bodyholiday

Saint Lucia

THE FIRST STEP TO CHANGING YOUR LIFE

BodyYoga is the culmination of many years gathering expertise and knowledge at the **BodyHoliday** in order to create a Yoga program to suit a wide range of needs.

BodyYoga is about the pursuit of optimal wellness. Our aim is to find the right Yoga style for you and combine with sensible nutrition, therapies, relaxation and meditation.

Yoga and Ayurveda are two interrelated healing disciplines which have their origins in India. Yoga is the spiritual and physical aspect of Ayurveda. At the **BodyHoliday** we combine Yoga's spiritual aspect with Ayurvedic science to provide you with a unique combination of physical, mental, spiritual and therapeutic benefits.

Yoga for body. It lengthens and tones all muscle groups and strengthens the entire core body. It is a safe and effective way to alleviate aches and pains in the body while boosting the 'feel good' neurotransmitter, serotonin.

Yoga for mind. Yoga is an internal practice. While moving through various postures, whether simple or challenging the mind is continuously tested. Discipline, patience, focus and concentration increase through

Yoga training. This in turn helps people to overcome fear, anger, varying moods and attachments. Yoga helps to strengthen both body and mind.

Yoga for soul. Yoga helps us to look beyond the material world, to experience the self and to feel more at one with nature. Many people find that Yoga helps them to live in total spiritual contentment.

Yoga for diet. The practice of Yoga helps to increase awareness and slowly you will be more conscious of your daily dietary habits and choose to make changes. The powerful combination of balanced nutrition and Yoga can promote a healthy body and a stress-free mind.





Yoga Forms

BodyYoga is built around Jnana, Bhakti, Karma and Raja; the four paths of Yoga that form a union called Yuj. Jnana is Knowledge, Bhakti is Devotion, Karma is Action, Raja is Meditation. They work together in all styles of Yoga. Hatha, Ashtanga, Vinyasa or Pre-Natal: Hatha is a slower style, gentle and perfect for beginners. Ashtanga is a vigorous style of Yoga and Vinyasa means “link breath to movement”. Pre-natal Yoga is offered for women to prepare for labour, opening the hips and learning how to breathe to calm the mind.

Yoga for Health

Hara Yoga: To aid digestive health

Hirudhaya Yoga: Relieving stress and regulating blood pressure for a healthier heart

Katti Yoga: for mobility of hip and spine.

Yang Yoga: just for women, designed to improve motion and flexibility.

Prana Yoga: for clarity of mind, vitality and tranquility.

Sunrise Yoga: to start the day, with a feeling of grace and gratitude towards the sun’s energy.

Moon Yoga: helps to calm the mind.

Meditation

BodyYoga incorporates meditation to cease the fluctuations of the mind. One can meditate by sitting, laying down or through yoga poses, focussing on one point, allowing the mind to move inward into stillness.



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