

B R E A T H E

BREATHE TIMETABLE



#MORETHANFITNESS

ATHELIS.CO.UK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT YOGA 10:00-10:50 Emelina James	YIN TOGA 10:00-11:00 Lyndsey Muskett	QIGONG 10:00-10:50 Mija O'Brien	HATHA YOGA 10:00-10:50 Rebecca Guest	IYENGAR YOGA 9:15-10:00 Julia Kirkina	HOT YOGA 9:00-10:00am Mija O'Brien	BUTI YOGA 9:00-9:45 Natalie Spencer
MELLOW OM 11:00-12:00 Gemma Merna	HOT PILATES 11:00-11:50 Jenny Duane	DYNAMIC OM 11:00-12:00 Mel Sheridan	PILATES MAT 11:00-11:50 Rebecca Guest	CLASSICAL PILATES 11:00-11:50 Jenny Duane	ASHTANGA YOGA (Primary Series) 11:15-12:45 Clementime	HOT YOGA 10:00-10:45 Melissa Whitehall
HYPNOTHERAPY 12:00-12:45 Gemma Merna			PARENT X BABY YOGA 12:00-13:00 Rebecca Guest			RESTORATIVE YOGA 11:30-12:30 James Smalley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER YOGA 18:00-18:50 James Smalley	IRON YOGA 17:00-18:00 Emma Day	STUDIO PILATES 19:00-19:45 Johnathan Chianca	HOT YOGA 18:00-19:00 James Smalley	ANUSARA YOGA 18:00-19:00 Mija O'Brien	PADDLEBOARD YOGA (Pop-Up) 18:00-18:40 Tyey River	
YOGA NIDRA 19:00-19:50 Julia Kirkina	HOT VINYASA 18:00-19:00 Becky Hampson	HOT YOGA 19:10-20:00 Holly Bailey	YANG YOGA 19:00-20:00 Emma Day	SOUNDBATH THERAPY 19:15-20:15 Mija O'Brien	PADDLEBOARD YOGA (POP-UP) 18:50-19:30 Tyey River	
SOUNDBATH THERAPY 20:00-20:50 Julia Kirkina	SCULPT PILATES 19:00-20:00 Becky Hampson	RESTORATIVE YOGA 20:10-21:00 Holly Bailey	YOGA INVERSIONS 20:00-20:35 Tyey River			
	REIKI HEALING 20:15-21:15 Becky Hampson		NORDIC THERAPY (APEX ONLY) 20:45-21:15 Tyey River			



Class Descriptions

SOUNDBATH THERAPY

Find undisturbed peace and calm in our private hibernate space whilst being bathed with sound wave instruments to clear discordance from your energy field and create a sense of deep-rooted harmony within your body's environment. Soundbath will enable you to discover a stronger sense of inner peace, clarity, and alignment as you'll be guided through a deep soundscape journey supported by crystal singing bowls, Koshi chimes, and specially curated hum frequencies. This healing experience is the perfect way to embark on some self-regulation.

NORDIC THERAPY

Fulfil your sense of wanderlust with an unforgettable rooftop cold water immersion experience designed to improve circulation, reduce inflammation and deepen your sleep. Cycling between cold water immersion and our rooftop saunas – and incorporating advanced breathing techniques - expect to feel stimulated, re-energised and completely reset.

HYPNOTHERAPY

Start the week with an enlightening Hypnotherapy experience designed to awaken your senses, and help you experience a more grounded, assured, and confident you. Our hypnosis expert will guide you through a self-exploration of the physical and subtle bodies designed to trigger physical and emotional recovery.

REIKI HEALING

Prepare to be blown away with a true energy healing experience. Escape the trials and tribulations of modern life as you immerse yourself in the magic of Reiki, designed to heal the body's chakras and promote relaxation and stress elimination.

HOT YOGA: INVERSIONS

The hottest yoga trend for 2024. Guided by our Mind and Body Master Trainer, you'll learn the art of yoga inversions and arm balances. With limited spaces and weekly progressions, INVERSIONS will endow you with notable improvements to your practice as you work to augment your strength, balance and confidence with a pre-designed series of inversions and arm balances that will have your yoga asanas looking 4K ready.

ASHTANGA YOGA

Considered the most vigorous form of yoga, experience an exhilarating state of nirvana as our tutor guides you on a 90-minute pilgrimage of Ashtanga, primary series, where you'll sync a structured series of postures with the breath. Amplify your strength, enhance your flexibility, and vanquish your stress hormones in this profound, ancient practice.

HOT YOGA

Purge your toxins and deepen your stretch in this on-trend, heated Vinyasa practice. Simulating the Indian pre-monsoon, our BREATHE thermostat is warmed to 100-115 degrees Fahrenheit and 40-60% humidity, giving you a truly authentic yogic experience. When all is said and done, you'll leave detoxified, glowing and vehemently alive.





RESTORATIVE YOGA

The antidote for contemporary living and the perfect sign-off to an arduous week. Supporting your body with props – blankets, blocks, straps and sandbags, you'll undergo a penetratingly deep paradigm shift as you release both mind and muscular tension with a series of passive stretches, helping you uncover rest and balance. Here and now.

ANUSARA YOGA

Anusara Yoga is a modern-day Hatha yoga system founded by John Friend. Guided by our expert teacher, you'll be encouraged to flow with grace, go with the flow, and follow your heart. The perfect way to help support your mental and physical well-being.

PADDLEBOARD YOGA

Europe's only indoor paddleboard yoga experience. Awaken reflection, intuition and energy as you connect with your water element. Submerged within the practice, you'll be guided to discover your balance, stillness and control as you journey to find symmetry between the body, breath and water.

YOGA NIDRA

It's said that just 30-minutes of yoga Nidra provides you with the equivalent of 2-4 hours' sleep, as you transcend both time and space for a systematic regeneration of your bodily systems. Guided by our expert teacher, you'll experience a cognitive transformation as you become systematically aware of your internal environment.

Colloquially known as 'Yoga Sleep', Nidra provides the perfect finish to a long and laborious day.

YIN YOGA

Suitable for beginners, a methodical and gentle practice incorporating principles of Traditional Chinese medicine, ensuring you slow down and connect with deeper muscles for an ultimate restful experience.

YANG YOGA

The yin cannot exist without the yang. Rooted in Indian concepts, Yang Yoga merges ashtanga and hatha asanas with vinyasas that warm the body and lengthen the muscles. In Yang Yoga expect dynamic movement and warming energy that compliments the passive and cooling energy of Yin Yoga.

POWER YOGA

Flip the script with this physically demanding power-centric practice that has been vigilantly engineered to surge strength, manufacture muscle, and lengthen limbs. Think yoga is easy? Think again.

BREATH SPACE

Our restorative BREATHE studio is a place of calm, stillness and tranquillity – we believe the mind should be, too. Slow down, escape the day and find your breathing space in this mental-oriented practice designed to calm the sympathetic nervous system, tame your cortisol levels, and safeguard your mental wellbeing. Guided by our Mind and Body Trainer, you'll be encouraged to take conscious control of your breathing whilst resetting your internal narrative, helping you discover the power of now.





MELLOW OM

Yoga that resonates. Drift into the most chasmic state of relaxation, repair and focus with yoga that resonates by combining digital and organic sound frequencies of 7.83hz and 40hz. Merging gentle yin postures and restorative flows with energy, Mellow Om will allow you to undergo a complex self-exploration of the physical and subtle bodies designed to trigger physical and emotional recovery.

DYNAMIC OM

Rediscover your Om with our signature master class. Dynamic Om offers asana at an active pace, with a 60-minute self-exploration journey that features an elaborate and specifically-curated sequencing of shorter and longer holds, interspersed with targeted strength drills and dynamic pranayama. Expect a heat-building experience with accessible variations and master instruction. Our Dynamic Om sequence is heated at 30 degrees and guided alongside organic soundscape frequencies of 7.83 and 40Hz, mimicking the sounds of the Earth whilst inducing Gamma brainwave activity to enhance focus and healing.

HOT PILATES

Detoxify your body and design a stronger core in our intense, in-vogue Hot Pilates class. In the warmth of our 100-115 degree Fahrenheit BREATHE studio, you'll crisscross, bridge and tabletop your way to a lean and long physique - can you endure the heat?

CLASSICAL PILATES

The method of choice for rehabilitation: our classical Pilates is the ideal antidote to contemporary living. Guided by our highly-trained and professional instructor, you'll work your way through a system of movements designed to alleviate back pain, elongate your spine, and balance the body. The perfect prescription for modern life.

STUDIO PILATES

Based on the work of Joseph Pilates – but adapted for modern-day living – our Studio Pilates experience will guide you through a series of exercises expertly designed to strengthen the deep stabiliser muscles of the body. Heavily influenced by bio-mechanical and physiotherapy rehabilitation, benefits include increased muscle and strength, enhanced muscular control and superior posture.

PILATES MAT

Designed with beginners and intermediate users in mind, expect to be guided through a sequence of core contractions and stretches that work to strengthen your trunk muscles whilst sculpting the abs, glutes, legs and arms. With tensile strength at the centre of this series, Pilates Mat will dramatically transform the way your body feels, looks and performs.

SCULPT PILATES

Our Sculpt Pilates experience will strengthen, hone and carve your entire physique, offering a rejuvenating escape for your body. Including deep core work, muscular activation, inversions, static and dynamic stretches and myofascial release, Sculpt Pilates is the perfect 360 degree workout for those who want a bit more from their practice.





PARENT X BABY YOGA

We understand how difficult it can be for new-born, infant and toddler mums to etch time out for themselves amid the pressures of juggling work, home and young ones. That's where Anton's Yoga comes in: rediscover your balance within the pressure-free realms of our tranquil BREATHE studio, as our instructor takes you and your toddler through a series of passive stretches that will allow you to strengthen your mind, body and, ultimately, your bond.

BUTI YOGA

Transform from the inside out with Buti Yoga. A feminine blend of power yoga, cardio and tribal movement, Buti will enable you to break down barriers to both fully embrace and live within your feminine energy.

HATHA YOGA

A fundamental approach to the practice of yoga: Hatha merges movement and poses with breathing and relaxation, promising decisive developments to your strength, flexibility, muscle and tone. Prepare to discover your mind-muscle connection.