



DDP Yoga is a form of exercise that combines the very best of Yoga, Traditional Fitness, Sports Therapy and Dynamic Resistance to create one of the most effective fitness plans in existence today. It allows anyone to:

- Improve cardiovascular fitness
- Increase flexibility
- Strengthen your core muscles
- All with minimal joint impact!

The main benefits are body fat loss, lean muscle growth, increased flexibility and improved cardio levels all without placing undue stress on the joints.

DDP Yoga is for everyone, young or old, big or small, fit or unfit, who is willing to try a form of exercise that can bring serious results with minimal equipment, minimal joint impact, minimal risk of injury – even for individuals who have been fairly sedentary, seriously overweight or injured.

DDP Yoga Level 1 Class – This class is for individuals who want to experience all the benefits of DDP Yoga. No yoga experience required. Get ready to have fun and “make the workout your own!”

DDP Yoga Level 1 *Beginner* Class – This class is for individuals who have not exercised for a while or who have limitations to movement. It will be at a slower pace than the regular Level 1 Class and the instructor will encourage and explain modifications to suit all participants (MAXIMUM 10 Participants).