Yoga with Jardine

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ABOUT ME

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ABOUT ME

Hi,
I'm Jardine !

Hatha Yoga, Gravity Yoga, and Yoga Trapeze started out as an interest, then became my go-to hobby to destress from work. These classes became my consistent practice for years, where I would go to a class or even two sometimes every day. So when I realized I could do it on my own without assistance, I started my home practice.

Eventually, I decided to take up my own teacher certifications to be able to effectively teach others. Perhaps teaching is close to my heart as this has been, and still is, my profession for years in an office set up. So I figured, why not do both! :)

As a yoga teacher, I am all for finding out what feels good when it comes to designing my class flows / sequences, be it for myself or for my students.

I have completed the following Yoga Alliance (YACEP) Qualified Yoga Teacher Training (YTT) Certifications :

- Yoga Body Certified Yoga Trapeze® Teacher
- Yoga Body Certified Gravity Yoga® Teacher
- YogaRenew 200-hour YTT Certification
- YogaRenew 300-hour YTT Certification
- Cosmic Kids YTT Certification
- SUP Yoga & Fitness Teacher Training

Visit my website : www.yogawithjardine.com

ABOUT ME

Certified Hoop Coach

If you're like me, and you want to go to a class and enjoy the class by flowing with the movement and forget about the time you spent with your practice, then Hooping may also be for you too. The movements obviously are not the same as yoga, but the principle is. Hooping teaches you to bring moves together so they can flow together, only difference is, it's with a Hula Hoop. This is why I decided to explore more and take up my own teaching certification.

Visit my profile with Global Hoop Coach Directory :
https://hulahoopteachers.com/teacher/jardine-ong/

Yoga International Creator

I am a Yoga International Creator which means I can give you my own code to access free-trials to get started with your Yoga International Online Classes as well. I got featured classes on there too for purchase! Visit my profile below to take you to the member registration for the free trial or to purchase my class/es.

Visit my profile with Yoga International :
https://yogainternational.com/profile/jardine-ong

CLASSES

Gravity® Yoga
Hatha Yoga
Yoga Trapeze®
Kids Yoga
SUP Yoga
Corporate Yoga
Hoop Dance

Gravity® Yoga

Required: Yoga Mats
Optional: With Yoga Blocks, Bolsters, Straps, Wheels, and Blankets

Level: No yoga experience required!
As long as you want to chill, stretch and relax, this class is for you

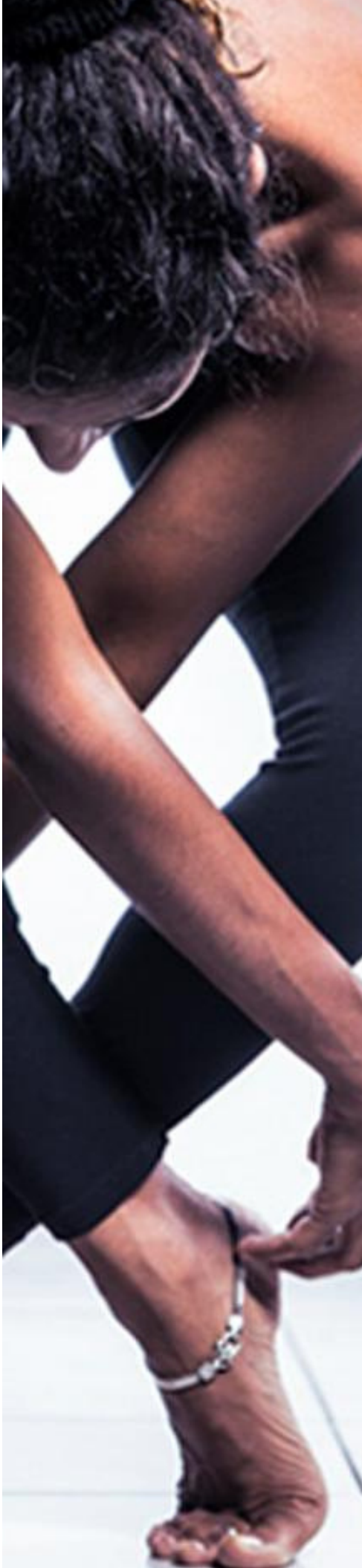
Gravity Yoga® Classes are great for stiff hamstrings, locked-up hips, tight lower back, and tight spine.
The best part about it, it uses passive stretches to increase your flexibility. Each time you complete the class, you'll feel a calm rejuvenation and your body will feel elongated, stretched and relaxed. This class is great especially when you feel stressed and wired up, or even if you're not, it simply improves your range of movement.

Hatha Yoga

Required: Yoga Mats
Optional: With Yoga Blocks, Wheels, Straps

Level: No yoga experience required! As long as you want to learn the Yoga Asanas / Poses, this class is for you.

Hatha Yoga Classes are great for beginners because it's like an introduction of all yoga asanas that get integrated into the other yoga practices. It's relatively moderate-paced compared to Ashtanga or Vinyasa classes. As you progress, the focus of the classes can be on the advanced asanas/poses but still in a moderate-paced way. If you're looking for a mat-based yoga that targets strength, flexibility, and balance, check this class out. Personally, I think Hatha Yoga is a great intro and a starting point of all other yoga practices.



Yoga Trapeze®

Required: Yoga Mats & Yoga Trapezes
Optional: With Yoga Blocks, Wheels

Level: No yoga experience required! As long as you want to have fun on the trapeze and do some funky poses; or you want the support of the trapeze and do some steady, stable and supported poses, this class is for you.

Yoga Trapeze® Classes are great if you are dealing with pain issues such as back pain, knee, and hip pain as you are supported by the trapeze to make sure you have the correct alignment and support.
If you do not have pain issues, that's great so we can try more funky poses with the Yoga Trapeze. I love this class because it's a mix of things that allows people to relieve pain issues, develop strength, flexibility, and balance in a fun way.

CLASSES

Kids Yoga

If you're a parent and would like to let your child or children try yoga along with you...

There's nothing better than learning together! There are two types of classes for your children: Kids Yoga (from ages 3 to 8 years old for mat-based classes) and Tweens Yoga (from ages 9 to 12 years old for both mat-based classes and yoga trapeze classes)

Kids Yoga classes use a lot of story-telling to make the children interested in participating in doing the yoga poses. Each story teaches universal positive life lessons on honesty, bravery, independence, friendship, and others

Tweens Yoga classes slowly introduce the children to a gentler version of an adult yoga practice where they are taught the actual yoga poses which all lead to gentle yoga sequences

Parent-Child & Parent-Tween classes are offered as of the moment. Private classes for kids and tweens are also offered but with parent supervision.

Exclusive kids yoga and tweens Small-Group (without parents, just kids!) yoga classes will be officially offered hopefully soon!

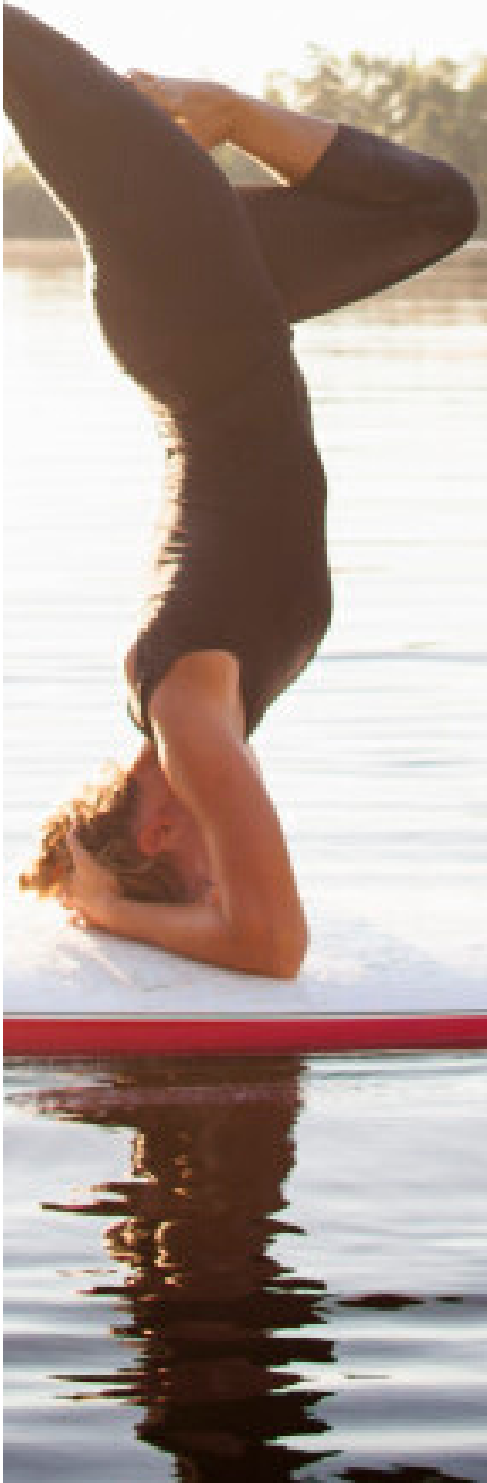
SUP Yoga

Required: iSUP (inflatable SUP), paddles

Class Conditions: Class may be cancelled on site if it's too windy

Level: This class is best for people experienced in SUP (not necessarily an expert) and can swim in deep waters as we will paddle it out away from the crowd, open for all Yoga Levels

Class Theme: Nice & Easy Gentle Flow



Hoop Dance

Required: Hula Hoop

Level: No experience required. As long as you want to flow with the hoop, this class is for you

Hoop Dance Classes are simply a lot of fun. We start by focusing on individual hoop tricks, progressing into mini hoop flows that combine hoop tricks together, then we advance into hoop dances where we put together mini flows to put together a hoop dance

Corporate Yoga

If you are an organization that would like to integrate Hatha Yoga, Restorative Yoga into your Corporate Wellness Programme, that's great news that you're encouraging your team members to get into healthier habits, I would love to help out!

Yoga is so easy to integrate into any organization's Corporate Wellness Programme, all you need to do is ask your team members to bring their yoga mats, make some room in your company premises (in-doors or outdoors) and we are good to go. Mats, blocks and straps may be provided upon requests for 10 people.

PACKAGES

Private
Pair / Couple
Ladies
Parent-Child
Public
Corporate

PACKAGES

Private Classes

It's just you and me. Before signing up, we will agree on a schedule (2 options) that works well for you and we will stick to it until your package is done.

Private Class for 1 adult - 40 USD
Private Classes in your own yoga space - 100 USD
SUPYoga Private Classes for 1
(with the SUP Board) - 60 USD
SUP Yoga Private Class (bring your own board) - 40 USD

Couple Classes

Just for couples or a pair who want their alone time doing yoga. Before signing up, we will agree on a schedule that works well for you both and we will stick to it until your package is done. Classes are to be taken together not separately.

Class for 2 adults (couple or simply just a pair) - 60 USD

SUP Yoga Couple Class (bring your own boards) - 70 USD

PACKAGES

Ladies Only Classes

Just us ladies! Before signing up, we will agree on a schedule that everyone can be free for and we will stick to it until your package is done. Classes are to be taken together as a group, not separately.

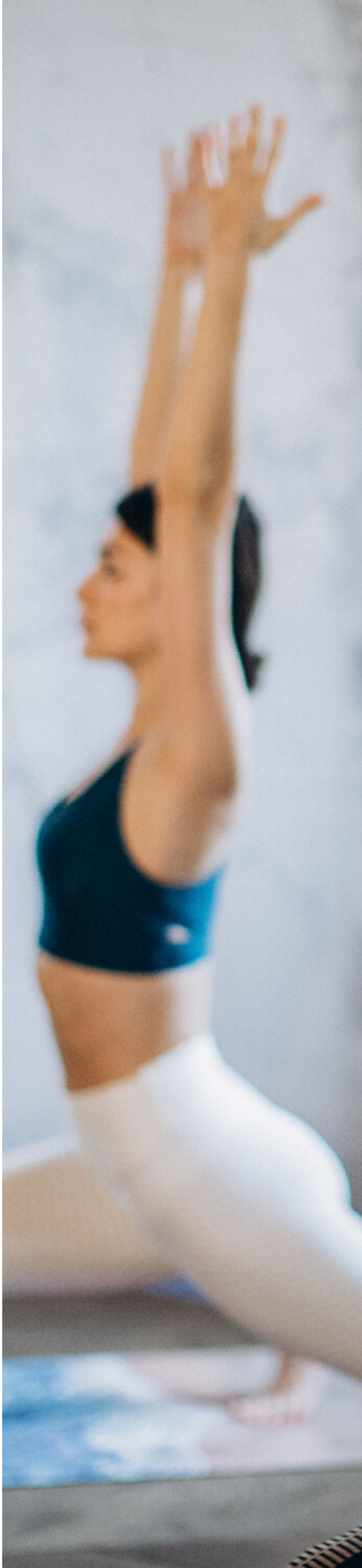
Class of 1 hour for
3 ladies in my Yoga Space - 90 USD

Parent - Child

Just for you and your child. Before signing up, we will agree on a schedule that suits and we will stick to it until your package is done. Classes are to be taken together, both parent and child, not separately.

Class of 30 minutes
for 1 adult & 1 kid (age 6 - 8)
in my Yoga Space - 40 USD

Class of 1 hour
for 1 adult & 1 tween (age 9 - 12)
in my Yoga Space - 50 USD



Just Kids & Just Tweens

Just for kids and tweens ! Before signing up, we will agree on a schedule that suits and we will stick to it until your package is done. All classes require supervision by the parent.

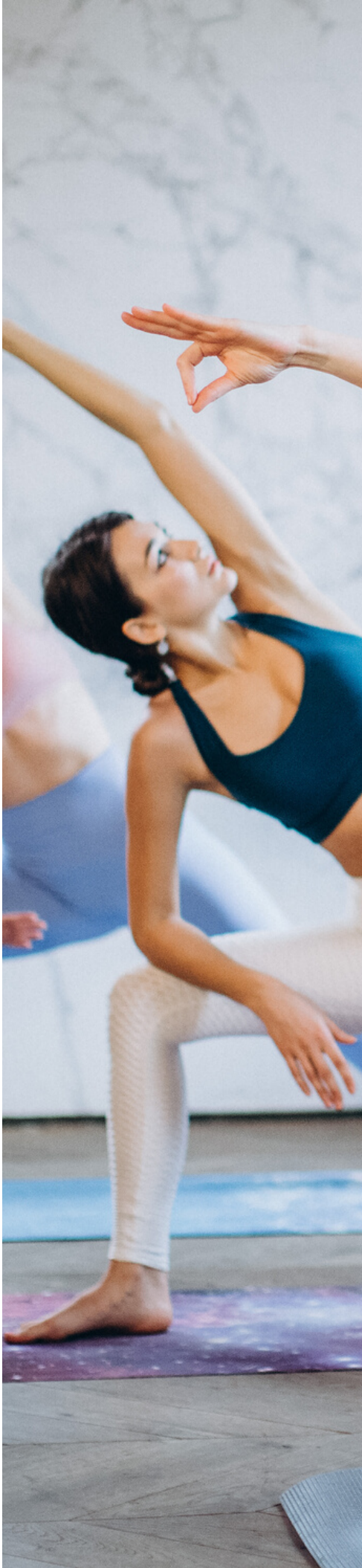
Class of 30 minutes for kids
1 child (age 6 to 8)
in my Yoga Space - 20 USD

Class of 1 hour for tweens
1 tween (age 9 to 12)
in my Yoga Space - 25 USD

Yoga at Home

Private Live Online Class of 1-hour Gravity, Hatha & Yoga Trapeze for 1 Log In, 2 participants in your household,
via Zoom using your own account

1 class - 30 USD



PACKAGES

Public

Before signing up, check the published schedule that will be consistent for the next 6 months. Sometimes if you're lucky, your schedule may end up being a private class!

Public Class for 1 adult in my Yoga Space - 20 USD

Corporate

For a Group of 20 people max in your company premises or company-booked venue

Class in the company-provided yoga space - 400 USD

Additional person - 15 USD

How to Sign Up

All classes require the Sign Up form to be completed and payment done via PayPal

Go to www.yogawithjardine.com and select Class Packages to complete your registration

ONLINE GIFTS

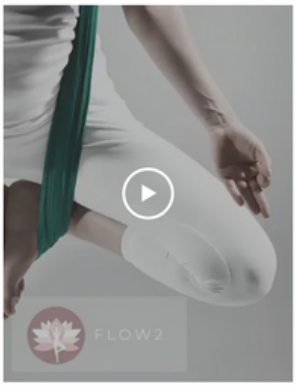
Flow Books
Audio Tutorials
Meditation

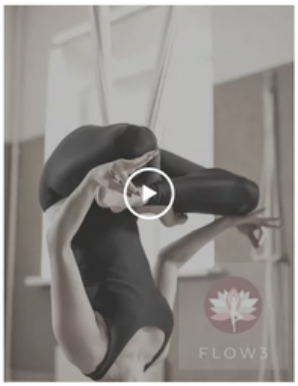
ONLINE

Flow Books

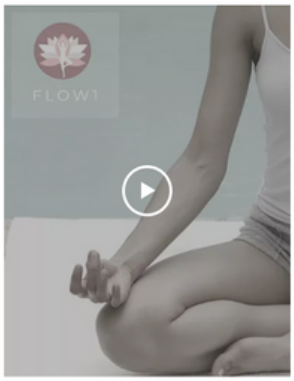
The idea behind Flow Books is to give teachers an immediate class flow session to teach especially if they don't have enough time to write their class flows and teaching cues, whether they've just recently graduated from their teaching certification or they are simply looking for ideas. The Flow Books also work with students as it is quite similar to attending a yoga class, only your teacher is talking to you through a flow book. Each flow book has 10 poses aimed to relax, stabilize and strengthen your body.

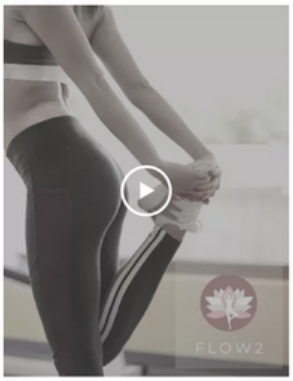
You'll receive 3 Yoga Trapeze Flow Books

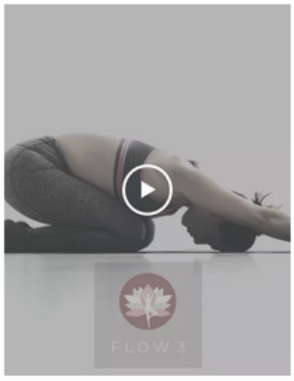




and another 3 for Restorative Yoga as a gift. And more are available for purchase.







ONLINE

Audio Tutorials

The story behind audio tutorials is there aren't a lot of audio guides that you can listen to talk you through the poses. Personally when I advanced in my practice, as a student, I don't really look at how it's down anymore, but I rely on the teacher's voice to tell me what to do next. So if you're one of those, like me, who rely on listening to teaching cues, these audio tutorials are for you. This is also for teachers who want to learn how to instruct poses. Click on the audio guides via www.yogawithjardine.com.

I am giving you 9 Audio Guides and 3 Flow Guides for Yoga Trapeze Poses

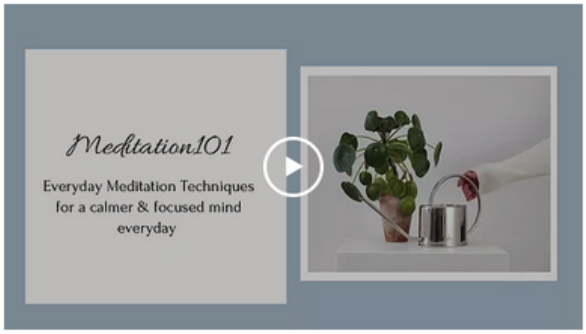
and 9 Audio Guides and 1 Flow Guide for Yoga Asanas. Over 100 in total available for purchase for both.

ONLINE

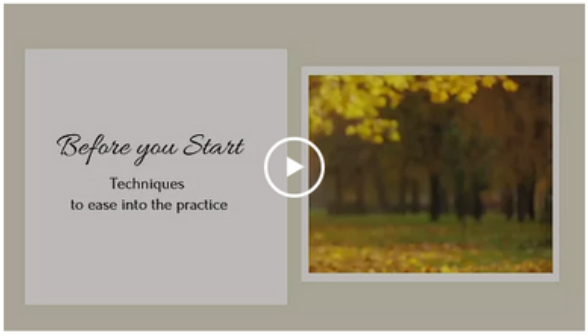
Meditation Class

I've attended a lot of meditation classes and If you're like me who simply don't know how to meditate, I've noted down all my learnings and designed a program that allows you to build on your learnings starting from Day 1 all the way up to Day 5. Also, if you're a teacher I've included a script that was used in the videos that you can use during your classes as well. Hopefully it will inspire you too to learn more about meditation as it did for me.

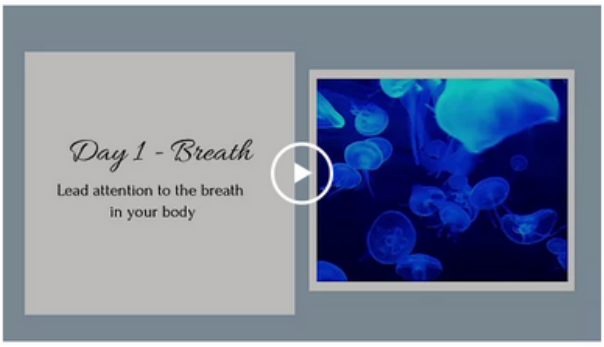
You are gifted an access to the Intro, Tips and Day 1 of this practice. If you are a teacher, you are most welcome to integrate the materials in your classes. Click on the video and download the books via www.yogawithjardine.com.



Intro Read | Intro Exercise



Tips Read | Tips Exercise



Day 1 Read | Day 1 Exercise

CONTACT INFO

Get in touch

Jardine Ong

Yoga International Community Partner

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