



Are you interested in Yoga? Want to know more?
Hatha Yoga Basics - 6 week course with Bridget
Starting Sunday 01 November 5.30 - 6.45pm



This course will teach you the basics of Hatha yoga in a welcoming, warm and cosy dedicated yoga studio. We totally understand that walking into the unknown can be daunting but we promise you that you will walk out taller, calmer and energised.

Yoga is a journey of getting to know yourself, it starts as a weekly class and then infuses into our daily life and helps us navigate the ups and downs of life.

The ingredients needed for a yoga practise are;

Our body – where it is right now, maybe achy or stiff, this is our starting point to move, stretch and strengthen.

Our mind – cultivating our awareness of how we move our body and our thoughts and reactions.

Our breath – our gauge on how we are emotionally and physically and is a tool to calm and centre us and to focus on.

An openness to moving beyond our comfort zone

We mix these all up together and get a deeper understanding of ourselves and tools to improve our health and wellbeing on all levels.

For more information please visit our **website**.

Gentle Hatha Flow with Live Music with Katya and Diego

Sunday 25 October 11.30am - 12.45pm



Come and nourish mind, body and soul with this gentle flow class for all!

The soothing meditative sound of the Hapi drum along with the Kora (African harp) and Ngoni (African stringed instrument) will help you flow from posture to posture and connecting with the element of water within.

OM News

Our classes and workshops are smaller due to social distancing but still have the same magical experience.

We have yoga everyday: wake up with **Sunshine yoga**, connect with mindful breath and movement in **Hatha yoga** classes and if you need a bit of help try **Chair yoga**.

Maybe you would like to wax and wane with **Moon yoga** or get flowing and glowing in **Vinyasa Flow**.

What about an hour of power with **Hiit yoga** and deeply unwind in **Yin yoga**.

Are you interested in harnessing the power of the mind with **meditation** or diving deeper with our wonderful **workshops** or be soothed and lulled by the gorgeous **Gong and bowls and bells**.

But don't take our word for it come and try it for yourself, we have offerings online and in the studio or both. All details can be found on the website.

Dates for your Diary

October:

25 Sunday - Gentle Hatha Flow with Live Music with Katya and Diego

31 Saturday - Samhain Yoga Workshop with Anji

November:

01 Sunday - Gong Relaxation Sound Bath with Craig

15 Sunday - Yoga for Emotional & physical Strength with Gillian

December:

01 Sunday - Gong Relaxation Sound Bath with Craig

20 Sunday - Winter Solstice Celebration with Bridget

Lokah Samasta Sukhino Bhavantu - May all beings be happy and free.

Contact us