

Nurture & Nourish
in 2021



Are you interested in Yoga? Want to know more?

**Hatha Yoga Basics - 6 week course with
Bridget**

Starting Thursday 21 January 5.30 - 6.45pm



This course will teach you the basics of Hatha yoga online on Zoom. We totally understand that walking into the unknown can be daunting, this is the ideal way to get to know about yoga in your own home. The session is limited to only 10 people, so you'll still get the same loving attention as you would in a face to face class.

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 17 January 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

Gentle, Nurturing YouTube class

The gorgeous Gillian Shippey has donated a YouTube recording of a gentle, nurturing and nourishing class of **Restorative Yoga** and the **Tale of the Dwarfie**.

You can get access to this by donating **Om Yoga Works Foundation** and emailing Bridget b@omyogaworks.co.uk or Anji anji@omyogaworks.co.uk and we will send you the link.

Our classes and workshops...

...are still going ahead utilising the wonderful world of technology. Rest and nurture your body and mind with a variation of sessions lovingly prepared to heal and nourish the whole of your being.

We have yoga to suit your every need: 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, all details can be found on the website.

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

Contact us