



We are so excited to be able to **Welcome** you back to in-person classes from the 17 May, it seems like a long time since we have seen our studio filled with Ommies but don't worry if you would rather Zoom, most of our classes will be offering online sessions too.

Our class numbers will be restricted at first and our wonderful tribe of dedicated Ommies will have first choice to come into the studio.

There are spaces in the classes, please check with the teacher to book in.

## **We have some Omlicious offerings coming up in May**



\* Angela and Bridget have their regular offerings of Hatha Yoga classes in the mornings and evenings.

\* Andrea teaches Vinyasa Flow and Hiit classes and has two weekly Chair Yoga classes.

\* Helen is looking after the Little Ommies with Toddler, Kids and Tween Yoga

\* Becky teaches slooow Yin on Saturdays

and  
**We would like to welcome Debbie to our Om  
Family.**



**Debbie is teaching the New Hatha Yoga class on Monday mornings.**

A fantastic way to start your week with a gorgeous dose of Debbie's teaching.

*Debbie says "my classes are for everyone, all body shapes, gender identity, ethnicity and yoga experience are catered for and actively welcomed. At the heart of my practice is an appreciation of the often unknown ancient heritage of yoga and my debt of gratitude owed to the Indian and African people at the origins of yoga."*

### **Silent Yin Special Saturday Treat**



**Silent Yin Special Saturday Treat with Angela**

**29 May 10.00am - 12.00noon**

Two hours of de-stressing, re-balancing, and discovering a little more clarity.

Angela will guide you through a lovingly releasing yin yoga practice. Simple postures will be held for about 5 minutes, the aim is to relax the muscles, create space in the joints and soften deeply within. We gift ourselves the time to listen, to explore our inner landscape, to become friendly with what is, we can gently and lovingly come home to our authentic self and this precious moment.

The class will be held in total silence after the initial instructions are given.

## Gong Relaxation Sound Bath



### Gong Relaxation Sound Bath with Craig

**30 May 12.00noon and 2.00pm**

A Gong Relaxation works on all levels of your being – mind, body, soul & spirit. The sound vibrations will provide a ‘sonic massage’ to your physical self and subtle energy fields, leaving you feeling relaxed, refreshed and restored.

## Dates for your Diary

### May:

**17 Monday** - Welcome Back

**29 Saturday** - Silent Yin Saturday Treat with Angela

**30 Sunday** - Gong Relaxation Sound Bath with Craig

### June:

**05 Saturday** - 108 Surya Namaskar Challenge

**27 Sunday** - Gong Relaxation Sound Bath with Craig

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