



Om in the
New Year and
feel your
hearts cheer



***We look forward to welcoming all of our
wonderful
Ommies back to class in 2025.***

*If you've not been for a while you may not know
that you
can now catch up for missed classes due to
sickness, work
or holiday with any other Om teacher and a
months trial
of a class that is new to you is only £20.*

*Om offers yoga for all ages, needs and abilities
from
pregnancy yoga to chair yoga, somatics, pilates,
meditation classes. Gong baths and regular
singing sessions too.*

Gong Relaxation

Next class Sunday 19 January, 11.00am to 12.00 noon
and 1.00pm to 2.00pm



A Gong Relaxation Sound Bath is a fantastic way to leave behind the stresses of modern life. A great introduction to Sound Healing and Sound Therapy.

The Gong is played gently along with Himalayan & Crystal Singing Bowls. The captivating tones will lull you into a deep, restorative, relaxation. Everyone is welcome, sessions are open, informal and light-hearted. Wear warm comfortable clothing. No special skills required.

Twist Mandala Flow Workshop

Next class Sunday 2 February 2025, 5.30pm to 7.30pm



The Twist Mandala Yoga Flow Workshop is designed to revitalise your body and calm your mind through dynamic, twisting movements and circular flows. Focusing on creating balance, flexibility, and detoxification by incorporating sequences that explore twisting postures and fluid transitions. Release tension in the spine, improve digestion, and cultivate mindfulness.

Perfect for yogis of all levels.

British Wheel of Yoga Foundation
Course

Saturday 8 March 2025, free information afternoon. Next workshop Saturday 26 April



We are so excited to be able to offer another British Wheel of Yoga Foundation Course starting in Spring.

The course is designed for students who wish to take their practice further. All aspects of Yoga are covered, asana, pranayama, mudra, bandha, meditation, relaxation and of course the history and philosophy of Yoga.

Come along to our free introductory session.

Om Social Sing

Next class Saturday 15 March, 1.00pm to 3.30pm



Connecting to the heart space and freeing the voice through collaborative singing. We will be learning songs in unison, harmony, canon/round as well as some gentle improvisation games and circle singing.

Our collaborations will be inspired by a mixture of folk, contemporary and traditional spirituals sung in many languages; connecting us to our own history as well as other cultures. All ages and abilities welcome.

Workshop Dates for your Diary

January:

Saturday 11 - Om Social Sing

Saturday 19 - Gong Relaxation

February:

Saturday 1 - Silent Retreat Day

Sunday 2 - Twist Mandala

Saturday 8 - Dru CPD Day

Sunday 16 - Om Kirtan

Sunday 23 - Gong Relaxation

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

Contact us



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