



As autumn unfolds,
the season invites
us to slow down,
rest, and restore



*You are warmly invited to join an Om
class, course or workshop this
autumn and connect to your quiet
wisdom within.*

*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.

Autumn Yoga Course with Katya – Slowing Down with the Season

Next class Thursday 2 October, 6pm to 7.15pm



As the days grow shorter and the natural world begins to slow down, we're invited to do the same. This 4-week yoga course is themed around the gentle call of autumn – to soften, to turn inward, and to welcome rest. Just as nature prepares for hibernation, we too can allow ourselves to pause, to nourish, and to embrace the quieter rhythms of this time of year.

Over four weeks, we'll explore soothing practices to help the body release tension, the mind find calm, and the heart welcome stillness. Rather than resisting the season, we'll honour it – moving in harmony with the cycle of nature, and with ourselves.

This 4-week course is open to all and suitable for beginners to yoga as well as more experienced practitioners.

Different ways of seeing

Next workshop Saturday 18 October 2025,
10.30am to 1.30pm



How can we understand ourselves better?
This morning will explore Yogic philosophy
and how it can help us have a better
understanding of ourselves.

(This session will not be suitable for anyone with any neck or shoulder issues as we will be exploring how we can journey towards some inverted practices.)

Suitable for mixed abilities.

The Art of Rest – Retreat for Deep Stillness

Saturday 8 November 2025, 10-4pm



In the heart of autumn, as nature slows and turns inward, this one-day retreat is an invitation to do the same — to pause, breathe, and embrace deep rest. Through restorative yoga, gentle mindful movement, silent yin-inspired practice, meditation, pranayama, mantra, poetry, and journaling, you'll be guided into a space of profound stillness.

You'll also have the opportunity to explore your inner calm through meditative watercolour mandalas, a flowing, silent, and restorative creative practice — no experience needed, simply a gentle invitation to be present and creative. Suitable for mixed abilities

Workshop Dates for your Diary

October:

Sunday 19 - Gongs at Om

November:

Friday 7 - Journey to Transformation

Sunday 9 - Nov Kirtan

Lokah Samasta Sukhino Bhavantu

**- May all beings be happy and
free.**

Contact us





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