



Om Yoga Works is 13!

Anji and the OM Yoga Works family are inviting friends old and new to pop in for a fun-filled day of tea, cake and fundraising.

Sessions will be running throughout the day from 9.30am to give you a taste of the OM community and what is on offer at the sanctuary in the middle of the mill. Contact Anji for more details and to book.

9.30am-10.15am: Pilates with Sophie

10.30am-11.15am: Introduction to working with the breath with Claire

11.30am-12.00pm: Yoga Nidra with Ellie

12.30pm-1.30pm: Gentle hatha yoga with Carol

2pm til 3.45pm: Circle of Friends; Tea and cake with the Om Girls

4pm-5pm: Kirtan with the Om Kirtan Wallahs

5.30pm-6.30pm: Yin yoga accompanied by the hapi drum with Katya

Donations to our fundraiser can be made here

<https://www.gofundme.com/f/oms-13th-birthday-bash-open-day>

The Yoga Development Series

Next class Saturday 20 September, 10.30am-1.30pm



Sessions will involve philosophy, discussion, asana, pranayama, meditation, mudra, mantra and relaxation. Sessions can be booked individually or as a set with a discounted rate. A certificate of completion will be issued for all four sessions attended.

Session 1: September 20th: 'All Things Om'

Session 2: October 18th: 'Different Ways of Seeing'

Session 3: November 15th: 'Elemental Balance'

Session 4: December 13th: 'Be Here Now'

Dances of Universal Peace - Equinox

Sunday 21 September, 5pm to 8pm



Looking towards the Equinox, Dancing with Balance and Harmony Dance the Prayers of your Body, Heart and Soul!

Simple sacred chants and movements. Beautiful Live Music. Powerful breath practices, and sharing. Ritual and ceremony. The opportunity to meet ourselves and each other, fully embodied, in the heart-space of deep meditation and devotion.

Everything clearly guided and held. All are welcome, whether you are new friends or old.

Pregnancy Yoga

Next class Friday 5 September, 6pm to 7pm



A welcoming, relaxed and down to earth pregnancy yoga class and meet local mamas to be. Absolute beginners very welcome.

What can you expect?

- Sequences to alleviate aches and pains
- Yoga to prepare for birth
- Pelvic floor work
- Visualisation for birth
- Breathing techniques
- A snack and a chat!

Perfect for yogis of all levels.

Postnatal yoga with Tessa

Next class Friday 5 September, 5pm to 5.45pm



Join a welcoming, relaxed and down to earth postnatal yoga class. This is **not** a mum and baby yoga class. This class is for **you** and your postpartum body – and your baby is welcome to come along for the ride!

What can you expect?

- Sequences to help rebuild your pelvic floor
- Reignite your core and work on any ab separation
- Movements to relieve aches and pains from cuddling, feeding and rocking
- Relaxation section to rest, relax and build a positive mindset
- An affirmation to focus on each class
- A way to connect with other local mamas

Suitable from 6 weeks postpartum for a vaginal birth with no intervention and with no vaginal stitches. For all other births including C-section, it will be suitable from 10 weeks postpartum. Please use your own judgement and follow advice from your health care professional.

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

Contact us





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