

## YOGA FOR IMPROVERS

Wednesday 20 September 2023 for 10 weeks

7.00pm – 8.30pm

£105

Tutor: Valerie Horspool

### Brief Description:

This course offers you the opportunity to experience Yogic postures and breathing techniques showing how these traditional methods can help towards achieving a stronger, more flexible body and a more relaxed state of mind. The postures will progress through to more advanced practices, stretching and toning muscles, developing individual awareness and confidence. The tutor will ensure that modifications are provided where necessary. Observation of the breath, along with yoga philosophy, underpins the physical practices; awakening a deeper understanding that can bring the mind, body and emotions into balance.

- You must have at least 2 years' experience – this is not a beginner's class
- These classes are NOT suitable for women who are pregnant
- Medical advice must be sought prior to commencing the course if you are in any doubt about its suitability
- It is advised to allow 2 hours between large meals and practice

### Course Aims:

- To improve / maintain levels of strength, flexibility and balance, enhancing everyday activities
- To encourage & provide ideas for home practise
- To extend breath awareness and breath control practices (Pranayama) aimed at reducing stress, calming the mind & inducing a sense of wellbeing
- To provide information & references to the background, philosophical aspects of yoga & its relevance to daily life

### Extra Costs:

None

### What you need to bring to the first session:

A non-slip yoga mat is essential

Yoga belt or strap

2 yoga blocks (30x20x5cm)

Wear loose, comfortable clothing

A drink is advisable.

A blanket to retain body heat during relaxation.

### Location:

Witchford Village College, Manor Road, Witchford, Cambs CB6 2JA

### Class Dates:

20 & 27 September

4,11 & 18 October (No Class 25 Oct)

1, 8, 15, 22 & 29 November