

WHAT TO EXPECT IN A HATHA YOGA CLASS

The class will begin with a short relaxation or centering period.

There will be warm up exercises or simple postures to warm the muscles and begin to mobilise the joints.

Following on from this will be work on a main posture or postures depending on the format of the class.

Counter poses will follow to ease the body and these will consist of less demanding postures or gentle stretches.

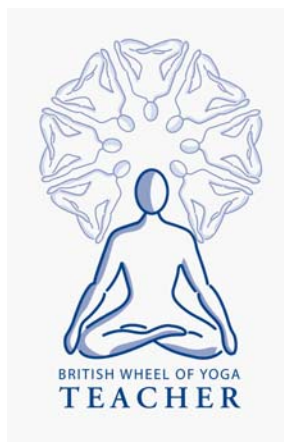
Guided breathing will accompany the postures

There will be breathing practices and meditation may also be included during the class.

To finish there will be a period of guided relaxation.

Pre-natal and Anti -natal.

Should you be pregnant or have just given birth within the last year you are recommended to take advice before attending a yoga class. Please contact us to discuss or telephone the British Wheel of Yoga Tel 01529 306851.



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BWY Diploma
(British Wheel of Yoga)
Pranayama Foundation and Teacher
Training Course

HATHA YOGA CLASSES

From
InnerRhythm—InternalArts

2009



Classes

Monday 1.30 - 3.00 pm
Thursday 1.30 - 3.00 pm
Monday 7.30—9.00 pm
Whittington Village Hall

Thursday 7.30-9.00 pm
Thomas Spencer Hall
Whittington

Booking Essential

Please telephone to reserve your place
or obtain further details

WHAT IS YOGA?

“Yoga is a mind / body discipline which promotes health, well being, relaxation and peace of mind.” It is a journey of body and mind.

The sanskrit word yoga means to yoke, to join, to unite. It is the union of the different aspects of our being.

Yoga originated in India thousands of years ago and is now practiced world wide. Hatha yoga is the most popular form of yoga practiced in the west.

Yoga is for everyone regardless of their age, sex, size, flexibility or their state of health.

Hatha yoga concentrates on the physical aspect of yoga, the physical postures, breathing exercises / techniques, deep relaxation and meditation.

It is a system of yoga that combines opposing forces, the positive and negative energies, to achieve balance.

Ha represents mind, the mental energy.

Tha represents prana, the vital force.

Yoga means to unite or union.

Hatha yoga means the union of the pranic and mental forces.

BENEFITS OF YOGA

It is claimed yoga brings many benefits with regular practice. Listed below are just a few:

- It promotes health and well-being
- Stretches and tones the muscles
- Improves joint mobility
- Improves posture
- It is a great stress buster
- It promotes whole body fitness
- Soothes the nervous system
- Relaxes body and mind
- Relieves fatigue
- Improves concentration
- Aids circulation, digestion, and respiration
- Maintains a healthy reproductive system

WHAT YOU NEED

- Non-slip mat
- Blanket
- Non-restrictive loose comfortable clothing to allow you to bend and stretch with ease.
- Jumper and socks for relaxation
- Please do not eat at least two hours before the beginning of class

Yoga for men

The number of men practicing yoga is on the increase.

Sports men and athletes are finding it greatly benefits their sport.

The breathing practices of yoga will gradually increase breath capacity.

Focus and concentration will be improved.

It will help to relieve stiffness in the body caused by sedentary occupations.

It is great for combating the effects of stress.

So please feel welcome to come and join a class.