

Namaste Everyone

It's the last week of the current block next week.

As it's Easter next weekend with the bank holiday on Easter Monday from Tuesday 23rd to Friday 26th April we're running classes on a book and pay per class for the week.

We'll be asking you in class this week if you're planning to come and unfilled places will be available for anyone to book.

All places for the week are the block price of £8 and as usual if you come to two classes in the week the second is £6.

The next 5 week block of classes will begin the following week on Monday 29th April. As usual we always assume you'll continue to come to your regular class unless you let us know otherwise.

Publicity Material

If you come to class you may have already seen the new postcard size cards with the logo and current timetable. As well as taking one for yourself to keep at home please take them to give to friends or work colleagues if they are interested in trying a class.

Something New: Weekend Yoga Day Retreats at the studio this Spring and Summer with Anne

Some of you have expressed interest in a Yoga Day Retreat at the studio, giving you the opportunity to immerse yourself in your practice and explore some of the aspects of yoga a little more deeply.

The day will begin with a breathwork and mindfulness practice followed by a 90 minute asana (posture) class. After lunch there will be time for another mindfulness or meditation practice followed by a shorter slow flow posture practice. The day will end with an extended savasana and yoga nidra. Lunch and light refreshments will be available.

I'm planning to run the Retreat Days on Saturdays and Sundays. There will be a maximum of 6 places available on a day and the price will be £30 and £5 for lunch. I haven't set any dates yet, so if you're interested please let me know and I'll plan some dates with you.

Coming Soon - Half Day Workshops to Deepen your Practice with Nic

From June Nic will be offering half day workshops at the studio. Also once a month, these morning or afternoon workshops will be two and a half hours and will explore different themes. The price will be £15. If you're interested please let Nic or I know.

More info including dates and themes to come in the next newsletter.

Did You Know?

As well as teaching yoga Yvonne is a Reiki Practitioner and can offer treatments at the studio?

If you'd like to know more or find out about booking a treatment ask her when you see her in class or contact her on 07903 051330.

Yoga and Sound Relaxation Sessions - Fridays 6pm-7pm

The Yoga and Sound Relaxation sessions are an amazing way to round out a busy week and start your weekend. There are sessions coming up on:

Friday 10th May

Friday 7th June

Friday 28th June

The sessions combine a short, gentle yoga sequence with a deep relaxation "bathed" in the sound and vibration of a combination of singing bowls, gong and chimes. Cost £10.

Looking forward to seeing you "on the mat" soon

Anne, Yvonne & Nic

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