

What is Yoga?

Yoga is one of the oldest systems of self development. It originated in India and dates back to around 3000 years B.C. or even earlier.

Yoga is becoming increasingly popular in this modern stressful world. The essence of Yoga is to keep the body, mind and spirit in a healthy state. It does this through a variety of ways such as exercise, breathing, relaxation, concentration and meditation.

What should I bring to Yoga?

You will need to bring with you an exercise mat and a blanket. You will also need to bring a drink.

Who can practice and benefit from Yoga?

Anyone can practice Yoga regardless of age or disability. There are always ways and means to modify a posture. Carers are always welcome to assist. We do have a list of ailments and health issues that the tutor needs to know about but this is usually to flag up the first Aid requirements should they be needed and not because you cannot practice.

Students have remarked on how well they sleep after Yoga, how they regain calmness during stressful situations through the breathing practices and how they have changed their attitude to a more positive state. Yoga also gives you the opportunity to listen to your own body and really connect with yourself, you are constantly aware of how you feel, how far you can stretch, when to let go,

the whole process is an awakening and awareness of self.

After a 12 week course you should be able to feel the benefits. You will know the next day or two how the body is feeling and you may experience some stiffness or discomfort in the area stretched.

Stamina, self confidence, strength, both in body and mind become the side effects of practicing Yoga. Please discuss with your Tutor if you have any of the following conditions or any health problems not mentioned here:

- Pregnancy
- Recent miscarriage
- Epilepsy
- Diabetes
- Back problems.
- Neck problems.
- Recent operations
- High or Low Blood Pressure
- If you have any hearing or visual impairment.

During the practice of Yoga or any other activity you should listen to your own body, proceed with caution and at your own pace and at no time do anything that you feel is beyond your present capabilities.

Remember you are responsible for your own body. Yoga is non competitive, we are all different and therefore we can never achieve postures perfectly, however, what we can achieve is the essence of the postures, if we allow ourselves to let go.