

# Yoga especially for men and women carrying some extra lbs

6 week course, October 6<sup>th</sup> – November 11<sup>th</sup>

Saturdays 12.00-12.45 with Jody



- Would you like to start Yoga, but feel a little hesitant or intimidated?
- Do you think you're too big to come to a Yoga class?
- Would you feel more comfortable in a class especially for the not so slim?
- Have you decided you need to take better care of your yourself?
- Do you have stress or tension in your life and need to relax more?
- Would you like a class that is gentle and non-competitive?
- Do you feel tight or stiff and want to do something about this?

If the answer to any of the above is 'yes' then this is the class for you.

It is a slow-paced class to gently move and stretch your body.

No pressure, just do what you can and enjoy nourishing your body and mind.

Benefits may include:

- A sense of calm and well being
- Gradually more flexibility
- Increased muscle tone
- Improved quality of sleep
- Increased range of mobility
- Dropping a few pounds
- Reduction in stress and tension

Cost for the 6 weeks: £60

For more information or to book your place, please email [Jody@YogaAkasha.co.uk](mailto:Jody@YogaAkasha.co.uk)

Yoga Akasha  
1st floor, The Old Mill, 45 London Road,  
East Grinstead, West Sussex, RH19 1AW  
[www.yogaakasha.co.uk](http://www.yogaakasha.co.uk)

