

Gentle Hatha Yoga Class with Jody

Saturdays 12.00-12.45



- Would you like to start Yoga, but feel a little hesitant or intimidated?
- Have you decided that you need to take better care of yourself?
- Do you have stress/tension/anxiety 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 slow-paced, to gently move and stretch your body. No pressure, just do what you can and enjoy nourishing your mind and body. Ideal for beginners or anyone wanting a relaxing 45 minute class.

Benefits may include:

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



When: Saturdays 12.00-12.45

Cost: £10 or within my monthly membership – [details here](#)

Booking: Not necessary, you may just come along

For more info please email Jody@YogaAkasha.co.uk