

# Gentle Mature Yoga with Jody



**Mondays 1.45-2.30 and Wednesdays 9.30-10.15**

- Have you decided that you need to take better care of your body?
- Would you like to start Yoga, but feel a little hesitant or intimidated?
- Do you have stress/tension/anxiety in your life and need to relax more?
- Would you prefer to come to a class especially for us not so young ones?
- Do you feel tight/stiff and realise that you need 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 mind and body. Benefits may include:

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

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About Jody: She is one of the co-founders, and current director of Yoga Akasha & has been teaching since 1999. She trains regularly with her teachers in India, including October – December 2016 on an intensive Yoga Therapy Teachers Training Course.

She loves teaching all abilities, from complete beginners to those with many years' practice. She loves the peace, balance & contentment that Yoga brings, helping us cope with life's many challenges. She teaches regularly on Yoga holidays, enjoying the benefits students gain by practicing every day whilst away from daily activities.

She is also trained in Aromatherapy, Sports, Swedish, Thai and Baby Massage.

She has 3 children and 5 grandchildren, who are her greatest teachers!

Cost: £48 for 6 consecutive weeks or £10 drop in.  
To book or for more info  
please email [Jody@YogaAkasha.co.uk](mailto:Jody@YogaAkasha.co.uk)

