

Yoga Classes by Claire Mclellan. Crowborough teacher. Yoga for all levels.



Location

South East, East Sussex

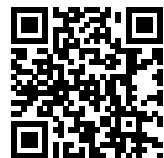
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Claire teaches yoga to include all levels, men and women, so beginners are more than welcome and will generally leave with a love of yoga as a welcome tool to fitness and life. The sessions are flowing but with time to experience your asanas (postures) and allow the body to open to the benefits, and learn how to self adjust within them. Core work is embraced to build integrated strength and your breath is encouraged to be fluid and full for the beneficial effects on the nervous system. Whether you simply want to build muscle and strength; or gain more flexibility; looking for ways to improve posture issues or find a new way to get to know yourself and your body, Claire's classes offer a way forward.;



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