

Private Yoga Classes at your own home (40 GBP)



Location **East of England, Hertfordshire**
<https://www.freeadsz.co.uk/x-546538-z>

PRIVATE YOGA LESSONS

Beginners / Intermediate

One 2 one or small groups (share the expenses)

£40 for a 90 min class & travel expenses if applicable

You don't need to be young, flexible and slim to do yoga – everyone can do it! Take no notice of glossy yoga magazines with perfect models performing acrobatics! This is not what yoga is really about.

Yoga means unity – the unity between body, mind and spirit. Yoga works on all these levels, not just the physical body. Although it does have great physical benefits, it would be a shame to reduce it purely to these aspects. I teach yoga in the spirit of going back to its traditional roots, with emphasis on mindful awareness. During asana practice I emphasise being in the present moment by feeling into your body and being aware of any subtle sensations a particular posture may evoke. This means holding the posture for a while, rather than rushing through postures, and using the breath as the connecting force between body, mind, and spirit. It is about exploring and listening to your body and mind, and accepting wherever you are at this moment in time, whilst including the possibility of change. I also include pranayama (breath work) and yoga nidra (relaxation/meditation) into the practice.

I have been practicing yoga for 20 years, and decided to do teacher training in 2013 in Rishikesh / India where I stayed for 3 months to do the 300h & 500h teacher training course. I am registered and insured through Yoga Alliance UK.

I really like the following quote by one of the yoga teachers whom I met in India during my training:

"Yoga is not about touching your toes, but about touching people's hearts". I strive to teach yoga in this



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