

Absolute Yoga Relaxation and Meditation in Hornchurch and surrounding areas (10 G



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-588211-z>



Yoga is many thousands of years old with a rich history of culture, religious beliefs and practices. Yoga translated means 'join or unite' the mind, body, soul and spirit through exercise (asanas), breathing, relaxation, diet and positive thinking (meditation). Yoga will build strength, improve flexibility/agility, balance and harmonise the mind and body.

Introduction to Yoga:

Week 1: Breathing. You will be taught deep abdominal breathing and full Yogi breathing. The class will include 7 asana poses reinforcing breathing practice. 'When the breath is unsteady, the mind is unsteady. When the breath is steady, the mind is steady and the yogi becomes steady. Therefore one should restrain the breath' (Hatha Yoga Pradipika, Svastmarama Ch 2 vs. 1, 2).

Week 2: Posture and Mobility. We will look at our posture and the importance of posture in yoga. You will learn how to mobilise effectively for Yoga asana practice. The class will then progress with the 7 asana poses reinforcing posture and mobility.

Week 3: Relaxation and (Meditation) At the end of the asana practice we will learn how to relax the body and quieten the mind with some Pranayama breathing exercises. 'Meditation is the only royal road to the attainment of freedom. It is a mysterious ladder which reaches from earth to heaven, from error to truth, from darkness to light, from pain to bliss, from restlessness to abiding peace, from ignorance to knowledge, from mortality to immortality'. (Meditation and Mantras, Swami Sivananda)

Week 4: This class is a celebration of all above. We will practice breathing, posture and mobility, mindful meditation and pranayama. This class will integrate the breath and flow.

What you will receive (email) and know where to go to practice at home. We focus on the

Beginner Hatha Yoga Part 1
 Learn about Namaskara (Salute to the Sun) and 10 yoga poses to stretch, lengthen, mobilise and strengthen the whole body. Each week we focus on 2 poses; learn the correct technique, understand intentions and benefits from that pose and learn how to improve your practice.

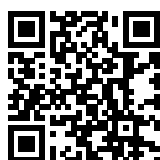
Beginner Hatha Yoga Part 1



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Learn 12 more yoga poses. Growing your repertoire, improving your flexibility, building your strength and understanding of Hatha Yoga asana practice.

Beginners Hatha Yoga Part 3

Learn 10 progressive yoga poses. Continue to grow your knowledge and skills, improve your flexibility, building your strength and understanding of Hatha Yoga asana practice.

â€“You will receive (each week by email) a worksheet where you can practice at home the focus yoga poses taught during that lesson.

Yoga Relaxation

Sessions include, gentle asanas, meditation and pranayama breathing; all ideal to give you the most restful night sleep. Bring a blanket with you for Yoga Nidra and final relaxation. This course is perfect for complete beginners and those wanting to slow down and learn to relax.

Testimonial:

Fatima Pansari says (about the Introduction to Yoga course):

"I would definitely recommend attending one of Pauline's courses. It has a very relaxing atmosphere. Pauline is friendly, approachable and an excellent Yoga instructor". November 2015

Mother and daughter Wendy and Maria Soteriou say about the Yoga courses:

"As a very self-conscious person, aware of my limitations, my awkwardness soon changed to enjoyment with Pauline's patience and multi-level teaching. I look forward to lovely, deep relaxed sleep after each class!" Wendy, March 2016

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"This was my fifth course with Pauline and I can't imagine enjoying yoga with any other teacher! She creates a lovely relaxed atmosphere in the hall, and I always feel comfortable staying at my own level. I'd thoroughly recommend her courses to anyone interested in beginning yoga". Maria, March 2016

Visit www.inspiredhealthandfitness.co.uk

Call Pauline 07821969405 078219694...(click to reveal full phone number)

Email click to