

I am a qualified yoga teacher of ten years and have practised yoga for many more.

I'm also certified to teach as a specialist in 'Yoga for Healthy Lower Backs'.

Anyone is most welcome to join my classes.

The classes are suitable for all ages and abilities.

Come and enjoy yoga in a relaxed and friendly atmosphere.

£7.00/£8.00 per class
(depending on class).

Students are encouraged to pay in blocks of 6 sessions.

If you want to know more please contact me:

Glynis Rose

mob: 07985737865.

www.glynisrose.com

Benefits

- Learning how to breathe more easily helps you recharge your body and calm your mind and nervous system.
- Your circulation is improved along with the overall functioning of your internal organs.
- Your body becomes stronger and more flexible.
- Locked tension is released, rejuvenating your whole body.
- You'll gain a sense of ease and fluidity throughout your body.
- It will enhance memory and concentration, reduce stress and help you enjoy your free time.
- Regular practise helps broaden the mental faculties by bringing clarity to the mind, balancing the emotions and generally improving your outlook on life.



Monday evenings

5.15 - 6.45pm

7.00 - 8.30pm

**Core Music, Gilesgate
Hexham**

Wednesday evenings

7.00 - 8.30pm

Friday mornings

10.00am - 12.00pm

**Hazlerigg Community
Centre**

Coach Lane, NE13 7AS



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Yoga Therapy & Training Centre

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What is Yoga?

Yoga is a gentle, but powerful means of building strength, flexibility, stillness and balance in body and mind.

Yoga is a system of asanas (meaning 'steady poses') that benefit far more than the physical body.

Asanas are always performed with a conscious awareness of the breath. The emphasis is on deep breathing, relaxed movements, and mental concentration.

Asanas provide a gentle stretching that acts to lubricate the joints, ligaments, tendons, muscles and the fascia sheath that surrounds the muscles.

Who can do Yoga?

Anyone can practice and benefit from yoga, regardless of age, sex, or physical ability.

All you need is some time and space and a desire for a healthier, more fulfilling life.

So much can be gained from a little regular practice and patience.

No matter what your level of yoga, you will see benefits in a short period of time.

Relaxation

Each week the class ends with a guided meditation that aids relaxation, clarity of mind and a good night's sleep.

Yoga for Healthy Backs

The spine is the basic support for the body and the main pathway of the nervous system.

To have good posture, your head must balance effortlessly at the top of your neck and over the four curves of your spine.

Over time and with bad habits our posture can become distorted. This can lead to severe discomfort and back pain.

Yoga poses focus on increasing and maintaining flexibility of the spine and toning and rejuvenating the nervous system.

With increased flexibility and strength comes better posture.

By practising yoga regularly you increase your body awareness. This heightened awareness tells you when you are using your body incorrectly. You can then adjust your position or posture to allow the body to move more freely.