

What is Yoga?

Mention the word Yoga to people and they immediately think of people standing on their heads or twisting their body into some unrecognisable shape. Yoga is not about being able to do all of the poses. Yoga is about looking after the body you have by giving it some much needed attention. Retraining you to move and breathe just like you did as a child before poor posture, and habitual patterns began to set in and leave you feeling sore, stiff and even injury prone.



Who is Yoga for?

Yoga is for everyone, yes we really mean it! As there are many different styles of Yoga to choose from these days there really is no excuse. The Yoga we offer here at the clinic is to help you get the most out of your body by asking it to give a little more each time you practice with us. Yoga is not a quick fix but if you stick with it you will be rewarded with all it has to offer. We always hear people say 'I'm not flexible enough for Yoga'. That is why you go to a class, you put the time and effort in week by week and gradually your body will become more flexible and your core will be stronger and you will have a more relaxed mind set.

What are the health benefits of Yoga?

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration and energy levels
- Weight reduction
- Improved athletic performance
- Aiding recovery from training
- Protection from injury
- Stress reliever

Class Times:

Tuesdays: 7:30am, 8:15am, 9:30am, 10:15am

Fridays: 7:30am and 8:15am

Limited to 5 per class to ensure a high personal level of support.

