



# BEDFORD HOUSE

Arts – Crafts – Fitness – Leisure – Room Hire  
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## YOGA

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*(British Wheel of Yoga teacher, Low back pain therapist)*

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The work Yoga means to yoke or to bind which, when applied to the body, means bringing about a state of balance and harmony within. The holistic approach is thinking about the body, mind and spirit working together as one. It is a system that has been designed to bring you into tune with yourself with a greater awareness and understanding.

The most popular method of Yoga practised in the West is Hatha Yoga, which works with physical postures, breathing exercises and relaxation techniques. This is the type of Yoga practised in my classes.

The physical postures gently work on all the muscles of the body and the joints are encouraged to move more freely. The breath awareness and breathing exercises help us to make full use of the lungs and help to increase our energy resources. This also helps to strengthen the lungs and heart.

Yoga works with relaxation techniques to release excess tension from the body. Tension can create other physical ailments and many of us need to learn to relax deeply sometimes in order to let go of stress and tension and to calm the mind and body.

Eventually, students go on to learning about concentration and techniques to focus the mind, and which can lead to meditation and becoming in touch with our spiritual nature. Yoga is not connected to religion.

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The general requirements are loose, warm and comfortable clothing, a mat or blanket to lie and work on, and possibly a cushion or block to place under the head for relaxation and some postures. It is advisable to allow at least two hours to elapse after a meal before practising Yoga, with a light breakfast before a morning class (no full English breakfast before a class!)

**I look forward to meeting you!**

