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| |  | | --- | | **Slow Flow Yoga – What to expect**  Yoga flow is about synchronising breath to movement, creating length, openness and space in the body & mind in order to deepen our connection with ourselves.  The yoga asanas (postures) will also help increase your core strength, flexibility & stability in a gentle and mindful way. The last part of the class will help promote a sense of deep rest and relaxation and will include a guided meditation component.  **A little about me** | | I’m passionate about health and well-being and have enjoy coastal and countryside walks and yoga in nature. I most recently ran a 10-week gentle yoga and disco yoga class, which is basically yoga to music. It was fun, expressive and boosted those endorphins!  I completed my yoga teacher training course in 2018 in Goa and loved it. I then went on to complete my Level 2 Exercise to Music course merging my love of music and dance. I have also worked with a diverse range of people from cancer patients and carers, prisoners and ex-offenders, volunteers and students. I’ve taken part in many fundraising activities which have included shaving my hair off for the Tsunami appeal, trekking the Himalayas for the Children’s Society and organising and taking part in a Danceathon through the Decades for Paul’s Cancer Support Centre. I also took part in The Big Sleep Out to help combat homelessness.  The philosophy I adopt is very much about letting go of self-judgements and expectations and being open, curious and kind. | |  | |  | |  | |  | |  | | --- | | Philosophy:‘Yoga is a way of life that reminds you who you really are.’ 7D ‘A flower does not think of competing with the flower next to it, it just blooms…’ Zen Shin. Rather like yoga do not seek to compare, but let the practice unfold in the way it’s meant to while appreciating all that you are.. 😊 | |  | | **Please join my Zoom class on Fridays at 11am**  **Looking forward to meeting you!** | |