

August 2005

NEW INSIGHT

The past six months have been a steep learning curve for me. My injuries to my shoulder and ankle taught me a great deal about myself, my body and my practice and indeed offered the change in direction of my teaching and personal practice. I was initially reluctant to change as was/am passionate about the practice of Ashtanga Yoga. I believe, however, that the start of this new journey has been hugely beneficial to myself and am grateful for the opportunity to explore such a strong yet graceful practice as Pilates.

I believe the knowledge I can share with you will compliment perfectly your current practice and I look forward to doing so. Integrating Pilates has given me even greater body awareness and core strength to create better control and grace of movement in my yoga practice.

NEW CORE FUSION CLASSES

The new Core Fusion classes, combining yoga with pilates, start with attention to, and release, of unnecessary tension, then teach you to connect deep breathing with your centre, always focusing on alignment for effectiveness and safety.

There are 3 levels of practice, as you will see from the contents of the website. These are designed to give you more rapid and balanced development of the body in an efficient, flowing & fun form creating a longer, stronger body with increased range of motion, coordination, and balance.

Beginning with the first level of Core Fusion you will be introduced to some basic Pilates matwork exercises renowned for flattening the abs, developing core strength & improving posture. For those also who do not feel they are ready for yoga as yet, this is a perfect place to start.

I look forward to welcoming you all to these new classes in September and would like to make this offer to you :

Try Before You Buy - FREE 1st Core Fusion Class! Upon mention of this newsletter!

NEW GO-KIDS CLASSES

Another new set of classes we are now offering are to the younger generation with the introduction of Go-Kids, yoga for 2.5 – 7 year olds (Yoga Bugs) & 8-12 year olds (Yoga'd Up). These classes are run in courses to fit in with school terms and are geared to the relevant age groups with stories and fun games for all, including the teachers!! Natalie and I are trained respectively in Yoga Bugs and Yoga'd Up and although Natalie will be teaching mainly the Bugs and I mainly the older group, you can expect to see either or both of us at any given class.

A trial Yoga'd Up class took place in June which was a huge success with a large majority of these children re-booking for the new term. Reservations are now being taken for these classes with a waitlist as places are limited. Please see the timetable for details of times available.

NEW POST PREGNANCY/BABY MASSAGE CLASS

The final new class to be introduced is for the new mum and her baby. I have for the longest time been requested to put my Aromatherapy/massage therapy & baby massage qualifications to use and incorporate them into a post natal yoga class. So here it is! A chance to mingle, work out and learn a new bonding skill with other fitness orientated mothers. Take a look at the relevant section of the website

THE YOGA SHOW 2005

The second of its kind in London. Due to a huge response last year, much greater than anticipated, a larger space is being designated to the event at Olympia this year.

There will be many wonderful stands and a mountain of information on a variety of yoga styles from Iyengar, to Hatha, Anusara, Bikram, Dynamic yoga, Kundalini, Yoga Beats w/David Sye, yoga for runners & yoga for builders??!!! to name but a few! Yoga Bugs & Yoga'd Up will also be present and running workshops as will Stott Pilates, offering small equipment demonstrations, one-to-one's and reformer workouts. There will, of course be many meditation workshops and lectures on anything/everything related to yoga. Plus lots of shopping for those of us who have not learnt the yogic art of letting go of material desires!!

I am also thrilled to let you know that although Go-Yoga is not holding a stand THIS year at The Yoga Show, I have been offered a prime-time slot of 11:15-12:45pm on Saturday 17th September at the event to teach a Core Fusion

class (named Yoga Pilates Fusion in the programme).

The date of this event is 16, 17 & 18 September 2005. For more information of the programme of classes and lectures and to book tickets for the show and workshops, go to www.theyogashow.co.uk

See Saturday Workshop Rm. 9 for details of my Core Fusion class at the show!!