



GO-YOGA QUARTERLY NEWSLETTER

Volume 1 Issue 5

GO-YOGA & THE STUDIO PRESENTS . . .

NEW CLASSES FOR SPECIAL NEEDS CHILDREN

Last Tuesday Go-Yoga helped to provide a wonderful day of fitness & fun in conjunction with the Ealing Golf Club for 20 Downs Syndrome children, as recorded in the Ealing Gazette this week. It was the most amazing experience for kids and teachers alike with such feedback as "the best day of my life", "I love you, you're lovely" & "I love yoga!" One young girl who at the beginning of the day sat with her arms firmly crossed stating that she like to do 'nothing' except watch tv, was at the end of the day making speeches about what a wonderful day she had had. "And another thing" she stood up several times to say! As a result of this charity event, Amanda has decided to run such classes (free of charge) at The Studio on a monthly basis which is currently being arranged with the Downs Syndrome Organisation. If anyone should know of anybody who might be interested, please do contact The Studio directly.

NEW MEN ONLY CLASS

By popular demand it has been decided to run a class solely for men. I veto'd the idea last as being too sexist/that yoga was for everybody, but again it has come up... So ladies if you have husbands/boyfriends that would love to try yoga but think it's too girly, sign them up for some POWER YOGA WITH DANIEL, a dynamic hour of no-nonsense tough-guy yoga. Guys who have been scared off by being in the minority ... there's no excuse now!! Classes provisionally to run as courses Thursday evenings 7-8pm. Please do let us know if you are interested in signing up. If the numbers are right, we could even start this first week of June! And get those killer abs by the 'real' summer!!

YOGA/PILATES FUSION COURSES

The feedback for changing these 'drop-in' classes to courses has been incredibly positive. Students have claimed to learn more in the first 5 weeks than they have in several months of dropping in on a casual basis. This is because without the interruption of 'new people' we are able to plan classes and build on previous learnings from week to week without having to 'go back to basics'. Waitlists are forming for these courses so if you know you would like to continue into next term, best to let us know as soon as possible. For those not signed up yet, wanting to improve/increase their yoga practice and infuse it with some 'killer abs' pilates, there is a new course beginning on WEDNESDAY evenings. Please contact us for details.

ASHTANGA DROP-IN CLASSES

The Monday & Wednesday evening classes are currently running alongside each other in a very similar fashion and as The Primary Series of Ashtanga Vinyasa yoga is really designed to be self practice it has been decided by the Studio that the classes will fuse and become one SELF PRACTICE SESSION (with continued guidance & adjustments) As demand arises, others will be added in due course. Early mornings are the usual time for such an OPEN PRACTICE class and a 7am slot has been requested by a couple of dedicated practitioners. Please do let us know by return if this is something you would be interested in. In the interim PLEASE NOTE THERE WILL NOT BE AN ASHTANGA VINYASA FLOW CLASS FROM WEDNESDAY 21st JUNE. We apologise if this causes you any inconvenience and promise to try to work out a new practice slot for you if you get in touch with us, as new classes are always in the making!

PRIVATES & SEMI-PRIVATES

With summer swiftly landing upon us and people wanting to shape up & tone for the summer holidays, this past month has seen a HUGE increase in the number of Private 1-1 sessions being requested of Go-Yoga. This is an ideal alternative to a course/class if you:

- i/ have a specific ailment/goal or training in mind
- ii/ can't slot into the current course timetable
- iii/ feel that you would like to progress quickly

... and more ... see <http://www.go-yoga.co.uk/private-yoga-or-pilates.asp> for details. Classes can be devised to suit YOUR SPECIFIC REQUIREMENTS and you can either practice alone or with a couple of friends in the studio or at your home. It's your call! So CALL us, if this is something you would like to give a try for a few weeks!

"EMPOWER YOUR LIFE WITH YOGA & HEALTHY LIVING"

INTENSIVE day long workshops to be introduced on a regular basis to kick-start your practice back into gear or to take it to another level! Keep an eye on the "NEWS" <http://www.go-yoga.co.uk/go-yoga-news.asp> for more details.

As always YOU are the core of Go-Yoga so your feedback is always hugely appreciated. Please do drop us a line to comment on all/any of the above points as being a small and intimate set-up we do our best to keep you all happy & healthy!

NAMASTE.