



YOGA 4 You

Yoga Tuesday Nights 6.30pm
Loch Bowls Club

Session Q & As

😊 Who can come?

Sessions are for you or any friend to come learn and enjoy practice of yoga, it doesn't matter how old you are*, how flexible, how much you weigh, if you are a beginner or adept.

However, if you have a recent injury or medical condition there can be risks doing certain postures. If concerned, please seek medical advice, or discuss privately with the teacher. Usually, we can accommodate with alternatives or modifications. Yoga should mildly challenge muscles but never push joints into pain or aggravate injury. Yoga is essentially for enjoyment.

* These sessions are restricted to adults i.e. 16+ years, unless accompanied by guardian

😊 Who guides us?

Well, that will mostly be me, Chris Hayes. I'm a graduate of the Gita School of Yoga and have been practicing and teaching yoga since well, let's say at least the last century.

I am also part of a Guild of Gita Teachers and on occasion as a contingency a session may be guided by one of my colleagues as a guest who would give a very similar style class.

😊 What is required?

Simply a sensible outfit, which for yoga will consist of comfortable flexible bottoms like yoga pants or shorts and a fitting top that won't hang over your head when doing any inverted posture. We do yoga in bare feet. The Bowls Club has a polished wooden floor so non-slip PVC yoga mats will be most appropriate for practice.

If you have your own preferred yoga mat, please bring it along. If you do not have a mat don't worry, I shall have a number available for use. I shall also provide everyone with a yoga blanket to assist when required in cushioning postures and for us being comfy in relaxation.

😊 What happens?

Limbering - is how each session starts with light stretching and tuning into the body

Ten Yoga Postures – practiced in sequence, with focus on fine points of a posture each week

Relaxation –allowing the body let go and deeply soak in the benefits of the posture work.

Session duration is for 75 minutes including the 15min relaxation.

😊 How much does it cost?

First session free – a join-in encouragement

Casual fee \$20 per session – for pay as you go convenience

Ten Sessions Card \$150 – a pay in advance commitment valid 12 months = \$15 per session.

☐ Square **Payments** by EFT/Card via square facility at session or cash if you prefer.

😊 **Thanks Chris**

0419030217