

TWO BIRDS YOGA CLASS INFORMATION SHEET



Course Title: YOGA BREATH FOR HEALTH

Tutor : Michael Hutchinson

Venue: Ambrose Allen Centre, Franklin Ave., Tadley RG26 4ET.

www.twobirdsyoga.com

Day of Week: Sunday

Time: 8.30-9.30am spring and summer, 9:00-10:00am autumn and winter.

Fee: £5 per single class, £20 for 5 classes paid in advance.

Current Start Dates: class started on 13th May 2018, but is ongoing.

Course Content:

Mild physical yoga practices, involving breathing and movement, for health and well-being. An introduction to what the wide range of breathing practices within yoga can offer to people of all ages. A sequence of exercises will be repeated each week. Each will be repeated several times to reinforce one of a range of specific breathing patterns, to help each student discover which works best for them. The class will also develop general breath awareness and inner release.

Demonstration, instruction and some individual attention will be provided, in a quiet, relaxed atmosphere. Questions are welcome and will help the tutor adapt exercises to individual needs. Sessions will end with a short guided relaxation. If you suspect a health problem related to your breathing not previously discussed with your GP, please do so before attending class.

The Tutor:

Now one of the region's senior teachers, teaching again at this year's World Yoga Festival, Michael trained initially with the British Wheel of Yoga (1983-86) and then in greater depth (1987- present) within a tradition* which has strong links to the source of Yoga in India but which emphasises adapting yoga to the culture in which it is taught. Michael recently returned from three weeks at the Krishnamacharya Yoga Mandiram, one of India's leading yoga institutes.

Previous knowledge required: None.

There are no initial costs for materials/equipment/books, as at this level equipment can generally be improvised. Foam blocks at £6 each are helpful and are available from the tutor. Purpose-made yoga mats can be helpful; these start at about £15.

Pregnancy: Women between 14 and 21 weeks pregnant may join. Some exercises may not be suitable, but alternatives will be given.

Please bring to the first class:

- Clothing that allows freedom of movement.
- A yoga mat or firm rug/blanket to lie full length on
- Another blanket to roll into a cushion or to use as a wrap.
- Shoes are not worn during the exercises.
- Please do not eat more than a very light snack before the class (if diabetic, whatever is consistent with your regime).