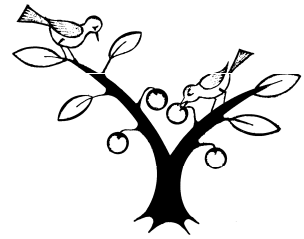


TWO BIRDS YOGA INFORMATION SHEET



Course Title: YOGA FOR BEGINNERS

Day of Week: Tuesday (except 1st Tuesday of each month) Time: 7.00 - 8.00pm

No. of Meetings: Nine Fee: £35

Start Date: 13th January. Finish Date: 17th March 2009.

Course Content:

Physical aspects of yoga involving breathing and movement for well-being, self-awareness and relaxation. A progressive introduction to what yoga can offer to men and women of all ages. Within a planned sequence of exercises, each movement will be repeated several times to a specific breathing pattern, to develop awareness and concentration. Demonstration, verbal guidance and individual attention will be provided, in a quiet, relaxed atmosphere. Questions and responses are welcome and will help the tutor adapt exercises to individual needs. Each week's material, while part of a course plan, will also reflect the class response to previous weeks' work. Each session will end with a short guided relaxation. The tutor has trained with the British Wheel of Yoga and in greater depth in a tradition that emphasises adapting yoga to the culture in which it is taught.

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 £3 each are helpful and are available from the tutor. Purpose-made yoga mats can be helpful; these cost about £10.

Pregnancy: Women between 13 and 20 weeks pregnant at course commencement may join. Some exercises may not be suitable, but alternatives will be suggested.

Please bring to the first class:

Clothing that allows freedom of movement, e.g. tracksuit.

A rug, mat or firm 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 immediately before the class.