

# TWO BIRDS YOGA CLASS INFORMATION SHEET



www.twobirdsyoga.com

## Course Title: YOGA FOR BEGINNERS

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

Day of Week: Tuesday (except 1<sup>st</sup> Tuesday of each month)

Time: 6.30 - 7.30pm

No. of Meetings: Ten

Fee: £45

Start Date: 8<sup>th</sup> May 2018. Finish Date: 24<sup>th</sup> July 2018.

## Course Content:

Physical aspects of yoga, involving breathing and movement, for well-being 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, concentration and inner release as well as flexibility.

Demonstration, instruction and some 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 responses to previous weeks' work. Each session will end with a short guided relaxation.

## The Tutor:

Now one of the region's senior teachers, featured at last 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 has just returned from three weeks at the Krishnamacharya Yoga Mandiram, one of India's leading yoga institutes.

## Requirements:

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 at course commencement 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 less than 2 hours before the class.

Michael Hutchinson, 2<sup>nd</sup> April 2018

\*see [www.tsyp.org](http://www.tsyp.org)