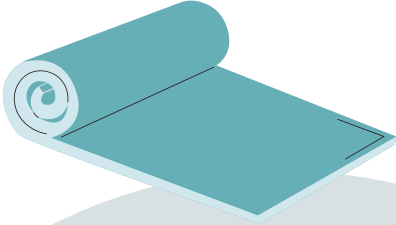




September 2023

MYOGASPACE

A space to bring balance to our lives



Did you know?

Our CORE is fundamental to our overall health. It provides support to our spine and organs, and stability to our whole body, aiding mobility and injury prevention.

Our CORE is a 360° 'Cylinder' of muscles groups:

Diaphragm

Pelvic Floor

Abdominals

Oblique muscles

Spinal muscles

Deeper stability muscles

The 'Core' of Yoga

Yoga is a rich body of knowledge and practices with its origins in India. The practices are a "toolkit" for overall wellbeing - in both our body and mind.

In the physical practice of yoga (asana) we focus on integrating our breathing with movement, to bring a sense of calm and equanimity to the mind and body. With breathing and relaxation techniques we have the tools to de-stress and learn a more mindful approach to the world.

About Rachel....

A member of the British Wheel of Yoga, the UK's leading Yoga Organisation. Currently doing a British Wheel of Yoga (BWY) Diploma in Yoga Teaching (500hrs), First Aid certified and fully insured to teach classes.

I discovered the personal benefits of yoga as a means of improving physical and mental wellness.

I believe that yoga can help bring a sense of calm, connection and balance to our modern busy lives. I offer a functional approach to movement that promotes healthy mobility and strength for the long term.

I'd love you to join me as we learn together.....



BWY
AT THE
HEART
OF YOGA
STUDENT
TEACHER

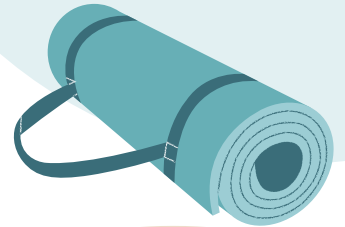
Rachel MYOGASPACE

September 2023



MYOGASPACE

A space to bring balance to our lives



CLASSES STARTING 15TH SEPTEMBER:

Beginners and returners to yoga welcome.....

- Inclusive 60 min class open to everyone; we will focus on the basics so ideal for those new or returning to yoga
- Vinyasa Yoga - combines flowing movement and simple held poses, with awareness of our breath
- Focus on our whole **core** stability
- I will provide modifications and options for all!
- Bring a yoga mat, water and an extra layer (props provided)
- I will send a Health Questionnaire to you in advance

CLASS TIMES / VENUE

- Friday 9.15 - 10.15 AM
- "The Mezzanine", The Horton, Epsom KT19 8NP
- Free parking / cafe & toilets
- Class fee £8/hour or £45 for 6 week course. Pre-booking required

CONTACT AND BOOKING:



rachel.myogaspaces@gmail.com



<https://www.myogaspaces.co.uk>



<https://www.momoyoga.com/myogaspaces>

BWY
AT THE
HEART
OF YOGA
STUDENT
TEACHER