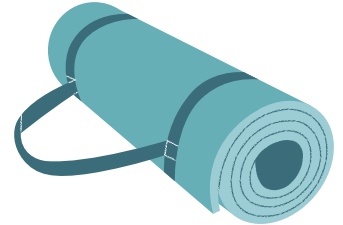
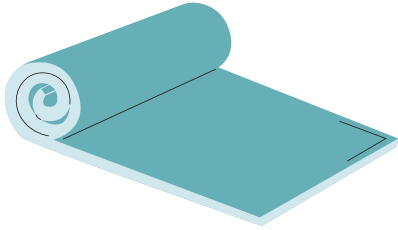




Spring 2023

# MYOGASPACE

*A space to bring balance to our lives*



## Yoga for everybody

I believe that yoga can offer *everybody* some enjoyment and benefits for the body and mind.

If you've ever thought (like I used to) that 'yoga is not for me' or 'I'm not flexible enough to do yoga' then please think again.

My aim is to offer a safe, welcoming and calm space for all abilities where you can try something new, enjoy moving your body, and connect with other like-minded individuals.

## What is 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



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NEW CLASS - STARTING 5TH MAY 2023



- Inclusive 60 min class open to everyone; we will focus on the basics so ideal for those new or returning to yoga
- 6 week course with gradual progression
- Vinyasa Yoga - combines flowing movement and simple held poses, with awareness of our breath
- We will learn the fundamentals of sun salutations, whilst focusing on strength, stability and a sense of wellbeing
- 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

#### STRENGTH

Yoga offers a space to explore what your body can do; to build functional strength and mobility for long term wellness

#### CALM

Yoga can provide a sense of calm and space for personal peace

#### CONNECTION

Yoga offers a space to be aware of our mind, body and breath. A space to connect and build a sense of community

#### CLASS TIMES / VENUE

- Friday 9.15 - 10.15 AM
- 6 week course starting 5TH MAY 2023
- "The Mezzanine", The Horton, Epsom KT19 8NP
- Free parking / cafe & toilets
- Class fee £8/hour or £40 for 6 week course. Pre-booking required

#### CONTACT AND BOOKING:



rachel.myogaspace@gmail.com



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



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

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