



GAZING HARE YOGA AND WELLBEING



Accessible Yoga

So you think yoga is all about sticking your leg above your head and tying yourself in knots? Think again. Here we listen to our bodies and find space to build gentle strength, revive and relax. Don't feel up to a class? Try a 1:1 session.

Pilates, Mobility and Stability

Pilates is excellent for improving mobility and range of motion in the body. All can benefit from the functional conditioning, as well as combat poor habitual patterns of movement due to our lifestyle. Strength and stabilisation give us the ability to get through everyday life.



Reiki, Sound Therapy and Guided Meditation



Struggling to relax, feeling a bit off, not getting enough sleep? You might benefit from a holistic session of one or a blend of the above. You don't need to do anything. just turn up and be open to the session. It is complementary to traditional medicines and at worst you get a lie down for an hour!



PERSONAL TRAINING

We believe that age is no barrier to strength, flexibility, vitality and ultimately fitness. Our friendly and personal approach always take the time to understand your needs and fitness levels, so we can design a programme that really works for you matter what your age or current fitness level. Whether you're training to recover from injury, become more flexible, or simply to gain strength and fitness, we can help. We can also give you advice on healthy eating to support realistic weight reduction over time.

We can work with you to develop strength, mobility and overall fitness no matter your individual limitations. Plus, gaining strength and mobility will help you reduce your risk of injury and gain mobility so you can enjoy a life with more vigour.

Key Benefits of a Fitness Programme with us:

- Improve your basic fitness and get more energy for day to day life
- Maintain mobility and personal dependence for yourself
- Strengthen aching joints and improve muscle areas
- Take on personal challenges and boost your self-esteem
- Dramatically improve your mood and maintain happiness levels

The Movements/Exercises:

- Carefully tailored to your mobility requirements
- Can take inspiration from strength, cardio or functional training
- Focus on stretching, lengthening and mobility movements
- Can cover injury rehab, training sympathetic and supportive muscles
- Can include and improve your current active hobbies and interests

We can work with you 1:1 or in small groups if you prefer. It can be as simple as we design a programme for you for you to work on your own or we can meet regularly and work together to help you meet your goals. Give us a call to discuss your needs.