



Zoë Stone Yoga

Time to make your soul happy



Yoga Environments - Covid requirements

Namaste :)

Here is a link from Yoga Alliance Professionals who outline the changes in Covid requirements within the Yoga Community. It is explained simply and is easy to digest.

<https://www.yogaallianceprofessionals.org/england-covid19-guidance>

Please continue to bring blankets and cosy socks for savasana as we will keep the windows open in our hall and keep our distance at at least 1.5m. Hand sanitiser is at the main entrance and also spray for you to use if you need to.

Stay well and keep safe x



For Sale!

These lovely bright blocks were inherited from another yoga instructor when I started teacher training a few moons ago now x

If you would like one/or however many to enhance your yoga practice, please let me know.

They are yours for a voluntary donation to the Brain Tumour Research Charity; collection only:

<https://www.braintumourresearch.org/donation>

Blocks are brilliant for allowing you to:

Bring the floor to meet you

Support with relaxation poses

Assist with maintaining alignment

Release tight hips in seated poses

Help to prevent overstretching

"Yoga is not a work-out, it is a work-in. And this is the point of spiritual practice; to make us teachable; to open up our hearts and focus our awareness so that we can know what we already know and be who we already are." - Rolf Gates

I'd love to stay in touch, please do let me know if you no longer wish to receive these notes x

Book



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