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Welcome to my August Newsletter, Its great to be back in touch with you all.

The Important Stuff

Summer Closures

All classes are <u>CLOSED</u> for the month of August.

They restart the first full week in September.
Updates will be posted on my Jacqui Gunnion Yoga Facebook page and jacqui-gunnion-yoga.co.uk website

Pricing

I've not updated my prices for over 4 years now but sadly my outgoings haven't stayed the same!
There will therefore be changes to the pricing structure from 1st September so that there is consistency between the single hourly rate and the 90 minute classes. I'm also standardizing the block discount rate to approx 20**%** off for paying up front for 6 sessions.

Hourly classes will therefore cost £5 for a single session with a block discount of £24 for any 6 sessions.
90 minute classes will be £7.50 for a single session with a block discount of £35 for any 6 sessions.

The new structure does **not apply** to classes you have outstanding from the previous pre-payment rate.They will be honoured at the old price until they are used up.

(NB This structure does not apply to the Sunday evening class in the Louisa Centre in Stanley which operates its own pricing policy in line with Durham County Council rates.)

The Fun Stuff

Blog Post

My new August Blog Post is on the website .Its called "Yoga - Aint Nobody Got Time for That" . It has some ideas for fitting practice into your everyday schedule and the link is here:https://jacqui-gunnion-yoga.co.uk/blog/f/yoga---aint-nobody-got-time-for-that

Instagram

I have been dragged kicking and screaming into the technological age and now have a jacquigunnionyoga Instagram account.
If you use Instagram do follow me!
If you are on Facebook you can find me at Jacqui Gunnion Yogo or my website address is jacqui-gunnion-yoga.co.uk

Home Practice for August

As we approach the summer break it's worth considering some home practice and I can't think of a more versatile practice than Cat.
You would not believe how difficult it was to find an image of someone just doing a simple cat on the internet! Apparently if you can't loop your leg around the back your neck its not worth having your photo taken! So there I am demonstrating the basics in the photo!

- Knees directly underneath the hips and hands underneath the shoulders (Remember you can walk the hands forward or drop to the forearms if necessary.)

- Arms are active .
- Start at the tailbone. Drop the tailbone and let the spine round to the ceiling. End by dropping the head.
- Lift the tailbone. Let the abdominals relax and take the breastbone forward. Keep the back of the neck long.
- Move between these positions working with the breath if you are comfortable to do so.

Cat improves the mobility in the spine, strengthens the abdominals and is load bearing so can be good for building bone density.
Variations include balancing cat (raising opposite arm and leg) cat looks at its paw (sliding one hand away between the supporting arm and leg and coming into a kneeling twist) abdominal cat (lift the tailbone, let the abdominals relax then keeping the back of the body still contract and release the adbominals. Also remember that you can work with the breath, Inhale rounding the spine to the ceiling and exhale taking the breastbone forward improves range of movement in the upper back. Reversing that so you breathe out as you round the spine and in as you take the breastbone forward strengthens the abdominals.
REMEMBER - There is no "one size fits all" so you only work at the level or with the variation that is suitable for your body!

Of course it's not all about the Asana - try and practice some simple breathing techniques such as deep abdominal breathing or hand to chest and hand to abdomen breath awareness.

And most importantly RELAX!

That's it! Have a great summer and hope to see you all in September!

Kind regards

Jacqui

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