



WHAT IS YOGA?

Yoga isn't about being flexible or "doing poses perfectly." It's about connecting with yourself in a kinder, more aware way.

In our classes, yoga has three main parts:

Asana — the movement.

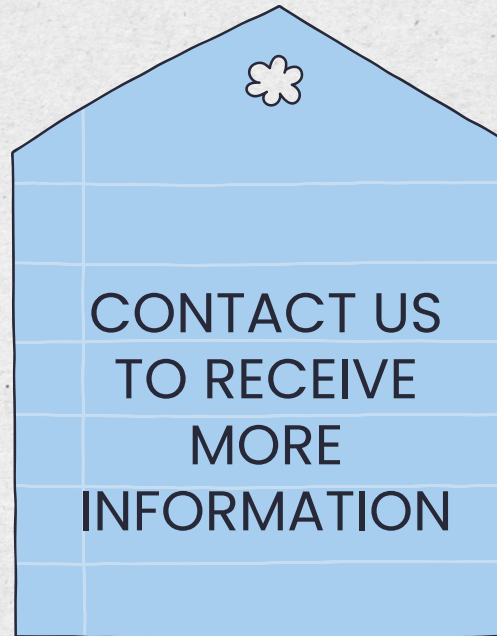
You'll be guided through a series of gentle stretches and poses. Some may feel easy, others a little challenging — both are okay. You are always invited to go at your own pace, take breaks, and make the practice your own.

Breathing — your steady anchor.

Throughout the class, I'll guide you to slow your breathing and notice it more closely. Your breath is there to support you, calm your nervous system, and help you feel more present in your body.

Relaxation — time to rest.

We finish every class with relaxation. This is not "doing nothing" — it's an important part of yoga where your body and mind can soften, reset, and absorb the benefits of the practice. You can simply lie down and rest.



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YOGA WITH ANNA

Basic information

WHAT TO WEAR AND BRING

WEAR SOMETHING THAT FEELS GOOD TO MOVE IN

- soft stretchy comfortable clothes
- bare feet (we practice without shoes)

BRING (IF YOU HAVE THEM)

- YOUR YOGA MAT
- A WATER BOTTLE
- A BLANKET OR WARM LAYER FOR RELAXATION
- NON-SLIP SOCKS IF YOU DON'T LIKE PRACTICING BARE FOOT

WHAT CAN YOU EXPECT

A CALM AND WELCOME
ATMOSPHERE

CLEAR, GENTLE GUIDANCE
FROM ME

SPACE TO MOVE IN A WAY
THAT FEELS RIGHT FOR
YOU

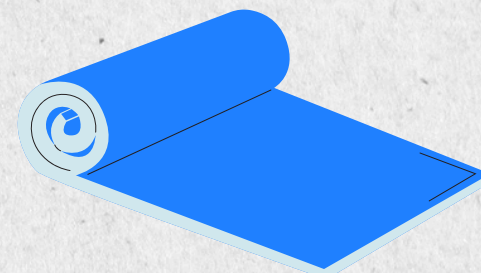
MOMENTS OF QUIET
STILLNESS AND
RELAXATION

NO JUDGMENT -
EVERYONE IS HERE FOR
THEIR OWN EXPERIENCE

YOU DO **NOT** TO BE
FLEXIBLE, FIT OR EXPERIENCED.
YOU JUST NEED TO BE
WILING TO SHOW UP

A FEW GENTLE GUIDELINES

- IF YOU ARRIVE LATE, SIMPLY ENTER QUIETLY AND JOIN IN WHEN YOU'RE READY.
- PLEASE SILENCE YOUR PHONE SO WE CAN ALL ENJOY THE CALM SPACE.
- IF ANYTHING FEELS PAINFUL OR TOO INTENSE, STOP — YOUR BODY KNOWS BEST.
- IF YOU HAVE ANY INJURIES, HEALTH CONCERNS, OR WORRIES, FEEL FREE TO TELL ME BEFORE CLASS.
- REMEMBER: RESTING IS PART OF YOGA. YOU ARE NEVER "FALLING BEHIND."



A FINAL WORD

Yoga is a practice of listening to your breath, your body, and yourself. Each class is an opportunity to slow down, reconnect, and feel a little more at home in your body. I'm looking forward to practicing with you. ♥