

HEALTH  OUR FOCUS  
for nutrition advice and yoga

# YOGA

at Medhurst Hall Begins 8<sup>th</sup> January 2018

SUSSEX RD, WEST WICKHAM, BR4 0JX

Mixed ability class • Mondays 8pm–9.30pm

Pay by the half term:

6 classes £55

Drop in: £11.50

First class **FREE** for new members when you register online

CALL: 07940 509910

“ Carla is caring and knowledgeable, supporting me and others in the class to make adaptations to suit our bodies and minds. ”

A balanced and blended yoga class with flow elements with qualified and fully insured yoga teacher. Carla has trained in both the Iyengar and Ashtanga systems of yoga and has been practising for 30 years. She also holds a current DBS and has worked with injuries and disabilities, so this is a class for everyone, young and old alike!

In a mixed ability class your practice will be adjusted for individual needs, to correct your alignment and avoid strain and injury, and with more advanced practice for experienced students. Yoga nidra and breath/mindfulness in savasana (relaxation pose) complete your practice. Yoga improves sleep quality and relieves stress, as well as mobilising joints and increasing flexibility and strength.



Parking is available in the public carpark, free after 7pm, (entrance at Carpetright on the High Street) or on the High Street.

[carla@healthourfocus.com](mailto:carla@healthourfocus.com)



[www.healthourfocus.com](http://www.healthourfocus.com)