

Yoga classes for all, beginners particularly welcome

Jules yoga
Explore your inner resources

- **Wednesday - 5.30 to 7pm - 90-minutes**
- **Palestra, 9th floor (Blackfriars)** (please arrive 10-mins prior for a prompt start)

Yoga can tone your body and bring peace to your busy mind. In a **Jules yoga** class all that is required of you is to concentrate on being in the moment for 90-minutes. Flexibility, strength and stamina will come with practice as your body and mind absorbs new knowledge and progresses from week to week.

Your ability today

- Listen to your body and only work at a pace that is right for you. We will always 'work towards' a posture. If today you are at stage one of a modified posture then that is perfectly fine. You are on the bus of your own yoga journey, enjoy the ride!
- Be aware of muscles stretching that may not have been stretched for a while; it's okay to work through a little discomfort, but never attempt to work through pain.
- Your class will include breathing exercises, postures, meditation and guided relaxation.

General

- Yoga is practiced barefoot, and wear comfortable clothes in which you can stretch easily.
- Try to eat at least **two** hours before class, and ensure that you are well hydrated.
- We have a some yoga mats in storage for you to use; if you have a yoga mat please bring one. Belts, eye pillows and blocks are provided.

Health

- Prior to joining a class you will need to complete a health questionnaire¹ and return to me.
- If you have health issues² which may be brought on by sitting or lying on the floor, or when your head is lower than your heart (inversion) then please let me know.
- If in doubt seek medical advice from your doctor as to whether yoga is suitable for you.

¹ You can download the questionnaire at **www.julesyoga.co.uk** - if you can print, complete, sign and bring this to your first class that would be most appreciated. Forms will also be provided in the class.

² May include: High or low blood pressure, recent surgery, epilepsy, diabetes, asthma, arthritis, ulcers, hernias serious injury or accident, problems with the back, the heart, knees, eyes, ears, mental health.



About your teacher: I am a member of and insured to teach by the British Wheel of Yoga which is the governing body for Yoga in England, recognised by the Sports Council. As well as practising a variety of styles of yoga many years, I am a freediver. The breathing techniques and relaxation practices I have learned through my yoga practice have improved my freediving breath hold and ability to dive deeper, and for longer.

To progress your yoga journey and book your class please send an email to jules@julesyoga.co.uk or call on 07973 753014.