

Hatha Yoga

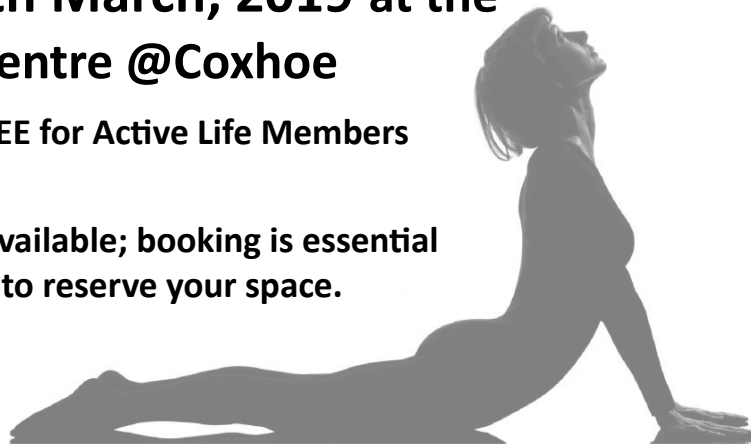
with Sandra Watson

Tuesday's 1:15-2:30pm

**starting 12th March, 2019 at the
Active Life Centre @Coxhoe**

£8 per class or FREE for Active Life Members

**Limited space is available; booking is essential
Please contact us to reserve your space.**



Linden Grove ♦ Coxhoe
Durham ♦ DH6 4DW

Tel: 0191 377 1789

www.activelifecoxhoe.co.uk

WHAT IS HATHA YOGA? The art, science and philosophy of Hatha Yoga brings together a person's mind, body and breath to the benefit of his/her organic and holistic wellbeing.

This method of Yoga will increase muscle strength, flexibility, joint health and mobility. It will improve posture, body awareness and concentration as well as promoting a feeling of stillness and contentment .

WHO? Beginners are just as welcome as the seasoned practitioner – as is anyone, of any age, who is struggling with general ailments or minor injuries or medical conditions related to poor posture & alignment.

WHY? We don't practice yoga to be good at yoga. We do it to be better at life. Whatever it is that we want to do better, yoga will help – be it running, sleeping peacefully, office work, studying, driving, or parenting, – everything becomes more doable. It really is a voyage of self-discovery.

Why not give it a try – and bring a friend! All you need is a yoga mat, and comfortable close-fitting clothing that doesn't restrict your movement.