

## Taster class for Hatha and Yin yoga

Hatha is the mindful pairing of movement with the breath and is slow paced, catering to all levels, beginners and those more experienced. I teach gentle classes with options and modifications to suit.

Yin yoga works well as an addition to more physical exercise as it involves longer, static holds, using props to sink deeper into the poses, creating a meditative and restorative atmosphere. Again this is suitable for all. The poses are the same for more experienced practitioners, just with longer holds.

Please bring a mat and wear comfy clothes, bare feet is best or grippy socks. Please let me know by email in advance of any injuries, relevant health issues etc as I can then provide safe modifications.

The class will start with hatha and finish with yin to give you a taste of both styles.

10.30 -11.30 am 6th June

I teach classes mainly in Stamford and Peterborough and I have a small studio at home for private clients.

George