

the yōga

yoga for health and harmony

transform your life with yoga



Classes running

Tuesdays 6–6.55pm

Tuesdays 8–8.55pm

Wednesdays 6–6.55pm

Inverkeithing Civic Centre

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Carneigie Hall Dunfermline

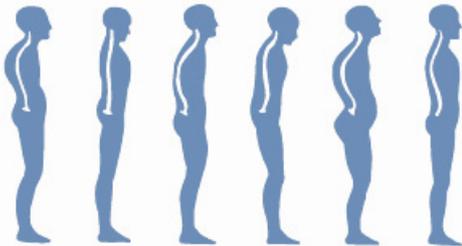
What are the benefits of coming regularly to a yoga class?

Regular yoga classes will improve your flexibility and your posture. You will experience an increase in your energy levels and feel more vital, and more relaxed. Yoga brings the mind, body and spirit into harmony.



Previous Experience

No previous experience of yoga is required, the classes are designed to suit a range of needs and poses are modified accordingly.



What you need to bring

1. A yoga mat (pilates or camping mats are fine too) Tesco does a basic mat for £5ish.
2. Soft trousers and bare feet – ideal for doing yoga.
3. A blanket or jumper for relaxation at the end.
4. Completed registration form if possible.

* If late for class please come join the class with the minimum of disruption.

How will I feel after yoga?

Physically you will feel your body is softer and stronger. With time you will notice discomforts melt away and your range of movement increases. After yoga you will feel more relaxed and more able to cope with life's challenges.



What if I'm not sure about something?

Please ask me, if you're not sure about a pose, or how it feels for you. There are many ways to adapt poses to make them more comfortable and appropriate. Please let me know at the beginning of each class of any changes in your health.

Booking your place

Classes run and paid for termly with the Fife school holidays, for dates: www.theyoga.co.uk/terms/

£6 per class. For termly costs and to confirm your place by paying online: www.theyoga.co.uk/classes/

For example an 8 week term costs £48, & a 12 week term £72.

A 1/2 option is available for Jan–Jun classes, based on £7 p/class.

Please see website and contact me for concessions.

Maps of where venues are: www.theyoga.co.uk/venues/



theyoga.co.uk

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Susannah Dean
Qualifications: Inner Yoga Trust,
British Wheel of Yoga, Yogabirth, IAIM
rejuvenate, restore, revive & relax