

# the yōga

yoga for health and harmony

*transform your life with yoga*



## Classes running

**Tuesdays** Inverkeithing Civic Centre  
**Wednesdays** Carnegie Hall Dunfermline

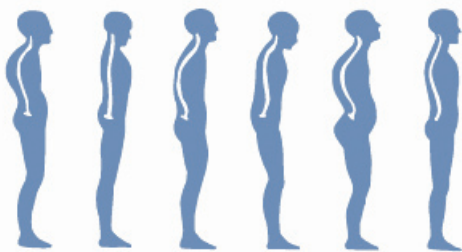
## What are the benefits of coming regularly to a yoga class?

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 £5.
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. Please come 5 minutes early on your first night to register. If you are late for class please come and 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 your 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

£6 per class, payable by term  
£7 per class by half term where space allows

Class list & to pay: [www.theyoga.co.uk/classes/](http://www.theyoga.co.uk/classes/)

Term dates: [www.theyoga.co.uk/terms/](http://www.theyoga.co.uk/terms/)

Payable by cash or online (paypal/card)  
Please contact me for concessionary rates



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Qualifications: Inner Yoga Trust,  
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*rejuvenate, restore, revive & relax*