

practice yoga

*Your body, Your mind ... **Your life***

There are many paths, it's your choice

Welcome to Yoga

You are likely asking, What is it all about?

Yoga is all about being in the driver's seat of your life.

It is a holistic system for achieving radiant physical health, superb mental clarity and therefore peace of mind. One of the beauties of the physical practice of yoga is that the poses will support and sustain you no matter how old, young, fit or frail you are. We don't try to tie ourselves in knots or push through any discomfort. We simply tune in to our own experience, we lighten up and everything flows.

No experience or flexibility is necessary to practice yoga.

People come to yoga for many reasons. For some it's physical exercise for the body. For others it's a sanctuary from the stresses and pace of daily life or a way of meeting other like minded people. Maybe it's an inner healing, a nourishment and restoration of the emotional and hormonal systems or a meditative and spiritual practice..

We each work at our own pace with our own capabilities, whatever they may be.

...And we breathe!

We learn to reconnect to our breath As water purifies your skin, so our breath is capable of cleaning our whole being. There is a difference between a calm conscious breath that gives lightness to the body and clarity to the mind, and a short mechanical one that can deflate the body and dull the mind. Our Yoga practice will help us to transition from hectic, uneven breathing to a smooth, round and flowing, restorative breath. It happens slowly and gradually, but once the healing process begins, it takes you by the hand and naturally leads the way. You will find that the increasing observation of your breath will open a door to the unexpected. It will lead to infinite discoveries. When you are in a difficult situation, if you are in pain, or when everything seems to be failing, you can reconnect to your breath and find relief and tranquility.

We start our classes by opening up our body to the possibilities of now.

We will fill every single part with breath and awareness, we will naturally become more grounded, We will become centred and mindful and learn to honour our natural rhythms. Sometimes you need to do more yoga; sometimes less, giving yourself permission to do less when that is the right thing to do. It's NOT always about Push! Push! Push! The idea is to listen to your body, remembering to be guided from within.

Listening is learning, it's that simple.

When we think less, knowing flows more.

But listen for it from inside you. Listen to your heart and conscience, and then dare to do as your deepest feelings guide you.

We always finish with a deep healing and nourishing relaxation that has to be experienced to be believed. When you experience the peace within you, you will spontaneously undergo a fundamental transformation in the way you think about yourself and how you see the world.

You may now be asking, What will it be like? or What do I need?

The great thing about a Yoga class is it is a 'group-individual' experience.

You are in the group but you are on your own. Your practice is your own but you are not alone. Thus your ability level is pretty-well unimportant. It is not a team event and the most experienced Yogi in the room will not show off to impress you or draw attention to your less polished attempts. You will, however, gain an emotional lift from the group energy and may frequently get a buzz or a high as the effects permeate your body and your mind.

The relaxation is there to allow for the absorption of this energy. You will be able to keep it in a special place so that you can truly feel the benefits of a totally rewarding Yoga practice.

You do not have to have a special outfit, you do not need a designer leotard. You do not have to adopt any cultural mannerisms, you do not have to display any symbols or act in any different outward way. You are you and you will stay you. But you may change from the inside, in a gentle and understanding, compassionate way. Your clothing is unimportant so long as it is comfortable for you. It can be loose or stretchy old or new, no-one is looking at you, no-one is judging you. Yoga is not a fashion show, but you may well pick an outfit that you can wear and feel good in. It may be one that is special for your Yoga classes, or you may just come as you are, it is truly your choice. You will need to use a yoga mat, but initially you can borrow one from me. You may quickly find that you wish to buy your own to make your space as familiar and inviting as possible. This may become a space, wherever it may physically be located, that you slip into like a comfortable dressing gown, or an old pair of slippers. It can become a friendly loving space that rewards you with comfort and support whenever and wherever you may wish to enter it.

So prepare it thoughtfully and buy a mat that you are happy with. Be aware that your best friend is not always the first person that you meet, so change things that you are not comfortable with. Try not to eat for a couple of hours before yoga practice. Bring a warm jumper or fleece for the relaxation period. It is best to work in bare feet. Wearing socks increases your chances of slipping and injury. Ideally remove watches and jewellery before practice and perhaps glasses if you wish. Leave your personal stuff and outdoor clothing at the side of the room to leave your Yoga space clear.

Please don't forget to turn off your mobile phone.

And always remember that I am available anytime to discuss all aspects of your practice, and to offer my advice if you think that you require it.

In Yoga there is NEVER any pressure to do ANYTHING

Try to remember that your Yoga life begins in the classroom and can continue profoundly when you leave it, enabling you to fully live your real life's-purpose.

Through Yoga you can help to spread kindness, peace and love, one by one by one, to all that share this magnificent planet with us.

Come and join me in the Yoga Love

– Marilyn

We so often think of the world as divided into countries and peoples, but when you look at the planet from space you don't notice borders or divisions of continents. The only divisions we see are those crafted by nature, 4.5 billion years in the making.

– Tim Peake (From the International Space Station)

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