

# Yoga on Tuesday evenings with Ann Field Tuesdays 7.30pm- 9pm



Improve your sense of wellbeing by coming along to a regular yoga class, running every week at the St Nicolas Centre.



I treat all my yoga students as individuals - so if you join us, I'll take time to understand what's drawn you to yoga.

My classes are inclusive, everyone is encouraged to participate at their own level, with suggestions and options to help you progress.

Our evening session always starts with a breathing focus; we then progress through gentle movements and mobilisation of the whole body, building up to stronger yoga poses and sequences during the later parts of the class. A generous period of relaxation ends the class.

You will learn breathing techniques that help in daily life, and - as yoga has a focus on both lengthening and strengthening our muscle groups - over time students will build up both flexibility and resilience. More importantly you'll come to understand why tension builds up your body, and how this can be mitigated.

To learn more about my yoga teaching, please visit:

**<http://annfield.net>,**

**or contact me via [ann@annfield.net](mailto:ann@annfield.net),**

**or 07738 103507.**