



YOGA FOR YOU

Do you want to do something good for yourself? Let go of stresses, and sustain or improve your health? Yoga will give you time and space to nurture your wellbeing. Yoga is a proven holistic tradition with numerous benefits.

Yoga offers something for everyone - all age groups and abilities- and is supporting your body, mind and soul where you are at. In particular in times of crises and injury it had helped many to regain vitality and more peace of mind.

Each session is build around a theme connecting Yoga to day-to-day life experiences and includes body movements, breathing exercises and meditation. My style is rooted in the classical Hatha Yoga tradition including modern variations of it, like Yin Yoga, Restorative Yoga and Flow. A strong focus for me is on safe alignment principles, sustainable movements for your bodies and that you find joy and ease in your body, mind and soul. Simply to feel good!

Please come along, join a friendly group of Yoga lovers and discover its beauty and its transformative power! If you have any questions please get in touch.

Next courses start week 4th of November 2019

Mondays

6.15 pm - 7.30 pm and 7.45 pm - 9 pm

Wednesdays

6.15 pm - 7.30 pm

7 weeks course for £ 60

Each group is limited to max 8 students.

Drop-in option only possible if spaces available for £ 10 per session.

Restorative Yoga - gentle practice for recovery

Monday 10 am - 11.15 am

from 4th of November - 9th of December 2019

£60

more information www.martinaelter.com

Please book your place by phone

01225 791337

**Melksham Family Chiropractic centre
5 Spa Rd, Melksham, SN12 7NP**

