

## **Hari Om**

I hope you are all having a lovely summer. This is my first newsletter & probably my last!!! no really I am going to attempt to send news every quarter. If for any reason you don't want to receive this email, please email [info@yoga-buzz.co.uk](mailto:info@yoga-buzz.co.uk) and put unsubscribe in the subject field.

## **Classes & Workshops for Autumn**

### **Thursday General Class 6-7.30pm @ The Cardigan Centre, Burley.**

This is the 7<sup>th</sup> year teaching this class & it has gone through changes over that time. I understand that we have busy lives & are not always available to attend classes every week & I have always preferred that you come when you can rather than not at all. During my Satyananda teacher course we had many discussions about drop in classes & how it restricts the class progress as we have to cater to the newest member of the class. In January I decided to stop the drop in option but I feel that it doesn't work for this class & I have missed the semi regulars. I invite you to come & join the class again when you can, keeping in mind that the more regular you practise the more benefit you will get ☺.

The cost is now Casual drop in: £7/£6 concession      Monthly £22/£18 concession

The class begins on Thursday 1<sup>st</sup> September 2011

### **Thursday Satyananda Yoga Class 10-11.30am @ Leeds Pilates Place, Kirkstall**

This is a small friendly class in a gorgeous space. Everyone is welcome but booking is essential as space is limited & set monthly payment only.

### **Yoga for Pregnancy Wednesdays 6.30-8pm @ Beechtree Steiner Kindergarten, Headingley**

A yoga class for Mums to be, to breathe, stretch & relax. Space is very limited & booking essential. This is a very popular class & I always have a waiting list. If interested please put your name on the waiting list as soon as you can.

## **Workshops**

### **Introduction to Satyananda Yoga**

#### **Saturday 1<sup>st</sup> October 2011 9.45am – 4pm @ St Columba Church, Headingley**

A day of yoga that is suitable for all levels of experience & introduces practises that are the essence of Satyananda Yoga. Day workshops give you time & space to explore aspects of yoga not covered in the weekly class. I would recommend this workshop to anyone completely new to yoga or practising another style of yoga & interested in Satyananda Yoga or anyone who would like to have a day to immerse themselves in Yoga. To book a place please contact me to check there is space available & complete the booking form on my website [www.yoga-buzz.co.uk/classes-workshops.html](http://www.yoga-buzz.co.uk/classes-workshops.html) & send with full payment £30/£25 concession. This workshop is already booking up, to avoid disappointment please don't leave it too long to book.

#### **Saturday 12<sup>th</sup> November 10am – 1pm**

**Theme to be advised.**

### **Your feedback Please....**

I would really appreciate your feedback about any aspect of the classes & workshops, as my favourite saying goes "I learn to teach and teach to learn" & I learn so much from the participants of the classes.

**Anyone interested?** I am thinking about running monthly workshops for intermediate level that would include a home sadhana (practise) sheet. These classes would give time & space to explore aspects of yoga philosophy, pranayama & meditation practices we don't have time to cover in the

weekly classes. Please let me know if this interests you by email: [info@yoga-buzz.co.uk](mailto:info@yoga-buzz.co.uk) or call/text 07904111334

**I am available for 1-2-1 yoga sessions, for details check out my website**

[www.yoga-buzz.co.uk/Yoga-1-2-1.html](http://www.yoga-buzz.co.uk/Yoga-1-2-1.html)

### ***Other bits & pieces***

I am a trained Reflexologist & offer this amazing therapy from my home in Leeds. For more information about reflexology please follow the link [www.yoga-buzz.co.uk/reflexology.html](http://www.yoga-buzz.co.uk/reflexology.html) . I also make my own simple & natural skincare products. I am a trained aromatherapist and a purist, I will only use the best for my skin & now I am able to offer these to everyone. Please check out my website [www.rowanmoon.co.uk](http://www.rowanmoon.co.uk) & contact me if you have any queries.

### **Kirtan Saturday 10<sup>th</sup> September 2011 7-9pm @ Farsley Community Church**

This is an opportunity to experience another dimension of Yoga, the chanting of mantras. The evening will include a healing mantra which is commonly chanted for the relief of suffering, during which we can bring to mind any friends or family members who are experiencing mental or physical pain. The power of mantra is that we don't have to understand the words to experience their effects.

We can simply offer the words from our hearts.

Please bring a small donation towards cost of room hire. For more information contact:

Anji / Vigyana 07786 255211 [www.rodleyyogaworks.co.uk](http://www.rodleyyogaworks.co.uk)

Sue / Vimuktananda 01535 609488 [www.yogainyorkshire.co.uk](http://www.yogainyorkshire.co.uk)

### **Mindfulness Meditation Group meeting 2nd Monday of the month in Headingley**

Contact Dot Greaves

Tel: 0113 2745167

email: [d.greaves@phoncoop.coop](mailto:d.greaves@phoncoop.coop)

And Finally....

### **Leeds Pilates Place are holding a Free Fun Day to celebrate their 1st Birthday on Sunday 4th September 10am – 4pm**

Please come and celebrate with us on our FREE fun day, loads and loads of FREE classes to try such as Pilates Mat, Small Equipment, Ball Class, Martial Arts, Yoga, Dance, Somatics and Alexander Technique. As well as the usual massages, reflexology and facials. Also learn about coaching, confidence building and Rolfing.

We have advice on hand from our dietician (as seen on supersize/superskinny) & lots more. Most exciting of all you can come and try out our amazing pilates machines, experience something very different and feel the instant difference in your bodies: try a taster session on the reformer and Jumpboard (cardio Pilates) and our other large machines that look like torture but feel like heaven.... don't take our word for it..... try for yourself

**I will be there with my Rowan Moon Skincare products, a great opportunity to come & try the products & I will be giving free mini facials.**

Hope to see you at the classes.

**Om Shanti**

**Love & Oms**

**Bridget / Bhavani**