

Namaste Everyone

It's newsletter time again as the current block ends next Friday 5th July

As we're almost into Summer Holiday time the next two blocks will be **4 weeks** long not 5, running through the rest of July to 2nd August and then from 5th to 31st August.

The price for a 4 week block is £32 (£8/class) 3 classes for £27, 2 for £18 (£9/class) or pay weekly £10. We assume you'll continue to come to your regular class unless you let us know and as usual if you can't make your regular class you're welcome to make up by doing another class within the block.

Our Summer Workshops, Day Retreats and Yoga & Sound Relaxation Sessions continue:**Yoga Day Retreats to Refresh & Re-energise with Anne: Saturday 13th July & Sunday 18th August:**

Starting at 10am, in the morning we'll blend pranayama (breathwork), mindfulness practice and a full asana (posture) practice ending with savasana (relaxation) with sound - singing bowls and gong. After lunch a mindfulness practice will be followed by a slow flow asana practice and a yoga nidra (extended savasana). The day will end at 5pm and lunch and light refreshments will be available. The price is £30 and £5 for lunch (optional). Contact Anne to book your place.

I had some lovely feedback from the yogis who came to the first Day Retreat:

"Thank you for a brilliant Yoga Retreat Day yesterday. You had planned the day so well and the physical and mental benefits are still with me today"

"What a wonderful way to spend a Saturday! Great yoga practice, great teaching, great company and great lunch. Was fantastic...learnt such a lot that will enhance my practice!"

Half Day Workshops to Deepen your Practice with Nic:

1.30-4pm on the last Saturday of the month Nic's half day themed workshops will each explore a different theme to deepen your practice. Coming up in July & August:

27 th July: Yoga for Strong Support Shoulders	Starting at 1.30pm, the workshops will be two and a half hours and end with a long savasana followed by tea and cake. The price is £15.
31 st August: Sneaky Strength Yoga	

To reserve your place contact Anne or email Nic - info@nicmoyyoga.co.uk

Friday Evening Yoga & Sound Relaxations: 6pm -7pm Friday 26th July & Friday 23rd August

The Yoga & Sound Relaxation sessions are a wonderful way to end the week and start your weekend. Starting at 6pm the 60 minute session combines a short, gentle yoga sequence with a deep relaxation "bathed" in the sound and vibration of a combination of singing bowls, gong and chimes. Cost £10.

I've been asked about booking Sound Relaxation Sessions for groups of friends.

I'm happy to put on sessions for groups of between 4 and 7, so if you're interested have a chat with me.

Reminder: We set a maximum of 6 or 7 for all our classes and events, so if you'd like to come to one please contact us to reserve your place.

Thank you:

*In all the business of daily life sometimes it's easy to take things for granted and forget what really matters. So we'd like say **thank you** to you all for coming to our classes regularly, supporting our workshops and special events and allowing us to share our love and passion for "all things yoga" with you*

Looking forward to seeing you "on the mat" soon

Anne, Yvonne & Nic

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