

**Namaste Everyone**

It's newsletter time again as the current block ends next Friday, 31<sup>st</sup> May. The next block starts on Monday 3<sup>rd</sup> June and with no Bank Holidays it's a smooth run for 5 weeks through to 6<sup>th</sup> July. As usual we assume you'll continue to come to your regular class unless you let us know otherwise.

*As well as the regular timetable of classes we've a variety of Workshops, Day Retreats and Yoga and Sound Relaxation Sessions planned over the summer.*

**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:

29 <sup>th</sup> June: Yoga for Happy, Healthy Hips	28 <sup>th</sup> September: Yoga with Resistance Bands
27 <sup>th</sup> July: Yoga for Strong Supple Shoulders	26 <sup>th</sup> October: Sun Salutations
31 <sup>st</sup> August: Sneaky Strength Yoga	30 <sup>th</sup> November: Yoga and Mindfulness

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. Places at the studio are limited so to reserve yours for any of the workshops contact me or email Nic - [info@nicmoyyoga.co.uk](mailto:info@nicmoyyoga.co.uk)

**Yoga Day Retreats to Refresh and Re-energise this Summer with Anne:**

Take a little time out to nurture yourself this summer with a Yoga Day Retreat at the studio and enjoy an opportunity to immerse yourself in your practice and explore some of the subtle aspects of yoga more deeply.

Saturday 15<sup>th</sup> June  
Saturday 13<sup>th</sup> July  
Sunday 18<sup>th</sup> August

Starting at 10am, the morning will 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 leading to a yoga nidra (extended savasana) ending at 5pm.

Lunch and light refreshments will be available.

The price is £30 and £5 for lunch (optional) and there are a maximum of 6 places available, contact me to book your place.

**Yoga and Sound Relaxation Sessions – Fridays 6pm-7pm**

The Yoga and Sound Relaxation sessions are an amazing way to round out a busy week and start your weekend. There are sessions coming up on:

Friday 7<sup>th</sup> June  
Friday 28<sup>th</sup> June

The sessions combine 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.

**Did You Know?** As well as teaching yoga Yvonne is a Reiki Practitioner and can offer treatments at the studio. If you'd like to know more or find out about booking a treatment ask her when you see her in class or contact her on 07903 051330.

*Looking forward to seeing you "on the mat" soon*

*Anne, Yvonne & Nic*

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