

Namaste Everyone

It's almost September and the summer holidays are coming to an end. A new 5 week block will begin next week on Monday 2nd September and run through to Saturday 5th October. If you've not managed to get to classes in August but have told us you'll be back we're looking forward to seeing you next week. *We always assume you'll continue to come to your regular class unless you let us know otherwise and as usual if you can't make that class you're welcome to make up by doing another within the block.*

Changes are in the Air ~ Dronfield Yoga and Wellness Centre is on the Horizon ...

We've received approval for change of use at our prospective NEW PREMISES on High Street and are ploughing through the legal formalities to take on the lease. We expect to be to begin the renovation and decorating work needed in mid September and to be open in early October.

We're planning to offer a variety of new daytime classes and to add classes for children and teens to the timetable as well as pilates and other complimentary modalities.

There will be an online booking and payment system to make it easier for you to book into classes.

As the new studio is bigger there won't be pressure on numbers, so there will be much more choice for you to fit your yoga practice in every week.

Instead of a price for a set block of classes we'll offer a discount on the standard class price if you buy a Monthly Class Pass and are planning new Unlimited Class Pass too which will allow you to come to as many classes as you'd like in a month. But as well as all our planning....

We'd like to know what you think and what YOU would like to see happening at our new Centre.

We'll be asking you to give us your thoughts or ideas in writing during September, but please feel free to have a chat with us before or after class too.

In the meantime: Nic has three more Saturday Afternoon Themed Workshops planned this year

28 th Sept: Yoga with Resistance Bands	26 th Oct: Sun Salutations	30 th Nov: Yoga and Mindfulness
---	---------------------------------------	--

Starting at 1.30pm, the workshops are two and a half hours and end with a long savasana followed by tea and cake. The price is £15. Numbers are limited, so let Nic or I know to reserve your place.

Taking Time Out for Yourself:

Lots of you tell us how important coming to class is for a little bit of "me time" in all the business of daily life. To take some time for yourself at home too you can listen to our 30 minute guided Yoga Nidra relaxation or work through a few Sun Salutations using the practice sheets on the web site.

Click on the "Info" button at www.horizonyoga.co.uk and pick "Yoga Nidra" or "Links".

Here's a short meditation from Thich Nhat Hanh I use in class which is great if you just want to take 5 minutes to rest and re-energise or to help stop the "mind chatter" if you're finding it hard to sleep:

Breathing in, I know I'm breathing in. Breathing out, I know I'm breathing out
In Out....
Breathing in, my breath grows deep. Breathing out my breath grows slow
Deep..... Slow....
Breathing in, I'm aware of my body. Breathing out I calm my body
Aware of my body.....Calming.....
Breathing in, I smile Breathing out I release
Smile.....Release....
Breathing in, I'm in the present moment. Breathing out I enjoy the present moment
Present momentEnjoy.....

Repeat each phrase or word at least 3 times in time with your breath

See you "on the mat" very soon

Anne, Yvonne & Nic

Voice mail:
01246 488038

Mobile: 07955 079192