



lifestyle guru on the water

OPTIMUM WELLNESS starts with YOU

YOGA IN MOVEMENT LOCAL COMMUNITY CLASSES
for movement, mind + behaviour

HARTFORD MARINA
OPEN TASTER DAY

JANUARY 13th MONDAY

12-1pm
&
6-7pm

Do you think about movement only in terms of being physically flexible or strong?
How about considering a different perspective for a moment?

That our brain evolved, not to think or even feel, but to control movement and how this movement is the only way we can effect the world around us. Understanding how the brain works and gives rise to movement, mind and behaviour is probably one of the most fascinating and urgent challenges and enquiry of our time, in understanding who and what we are in the changing social and economic landscape.

Join me for a taster session to explore this scientific reasoning from an holistic perspective with practice of yoga in movement classes. Before we start a regular schedule at Hartford Marina. I'll be around to answer any questions you may have on the day. Please bring your own mat.

We'll come together to experience and capture the element of space, strength, resilience, and serenity. Explore how to enhance, reframe, and balance your physiological and physiological state. By practicing well-aligned yoga poses with precise postural alignment which helps promotes a deeper architectural awareness. Mindful and well paced combination of fluid and static movements help cultivate the qualities of effort and grace - the ebb and flow - the duality of life. Cross-lateral, lateral and, asymmetrical movements with long style holds help to create space in the joints as well as the muscles. All helping the brain to cognitively snap out of automated mode. Improving memory and focus and alleviate the grip of any stress or anxiety providing an all round practice that is suitable for everyone. In some classes options to pulsate in certain poses are given for body conditioning. Building strength through the core muscles helping cultivate a better connection between legs, pelvis, and core. Cultivating a great sense of strength, poise and stability as you move around your day. Philosophical themes taken from East and West are blended into the class providing mind hacks for self-reflection. Leaving you with a sense of profound space, internal wellness, more at ease with yourself.

To find out more about me Salema please go to www.salemaveliu.org

These classes are open to non marina residents and are aimed at bringing the local communities of Houghton, Wyton, Hartford and Huntingdon together.

I would love to know why you practice or are thinking of practising. Therefore please feel free to answer the below questionnaire and hand it in on the day.

Questionnaire

1. Why do you want to practice yoga?

- A) Strength & Flexibility (Physical Health)
- B) Stress release
- C) Mental Health
- D) All of the above

2. What times of day suit you better to practice (as I am thinking of running a lunchtime and evening class)?

- A) 10-11am
- B) 12-1pm
- C) 1-2pm
- D) 5.45-6.45pm
- E) 6-7pm

3. What days suit you better ?

- A) Mondays
- B) Tuesdays
- C) Thursdays
- D) Sundays