



**Meditation** – all classes have a meditative aspect. Each meditation style is relevant to the practice of the class

Half-day meditation classes on Saturday morning will be added to the diary later in the year

## Class schedule

**Monday evenings 6 to 7:30**

**Qi Gong – shaking and sequence**

Beautifully flowing sequences, or forms, that teach the body to move freely, smoothly and in a coordinated way. Some of the forms have rotations, forward folds, arches, and balance. With all movement work you begin where you are and develop over time. In a short while you will have more freedom of movement, greater confidence in your body and feel stronger.

**Tuesday mornings 9:45 -11:15**

**Qi Gong – gentle waking of the body and smooth sequences**

Gently opening of the body, incorporating mind awareness and subtle movement to enhance flexibility and postural alignment. Qi Gong covers many different aspects of stillness and movement. This class has a slow, meditative quality, however, depending on the day we may explore some somatic movement to help us understand postural alignment and its importance.

**Tuesday mornings 11:30 - 1**

**Restorative Yoga – quite yoga sequences that everyone can enjoy**

Simple yoga postures for everyone. Each posture uses the support of bolsters, blocks and cushions. Restorative yoga postures gently lengthen the body by letting it rest in a slightly more open and elongated manner than our normal range. Because of the support you feel safe to let the ground support you and then the muscles and tendons can ease out. Restorative breathing, deep and long, helps this process. This is a meditative mindful style of yoga.

**Tuesday afternoons 1:15 – 2:45**

**Somatic Movement**

Somatic movement is almost the reverse of yoga. The three main principles are contract, lengthen and relax. Stretching is avoided at all times! The idea is to wake up muscles or muscle groups that have become tight or numb so they can recover their optimum tonicity and begin working in harmony with the rest of the body. These movements are precise, slow and are of benefit to everyone.

**Cost - £60 for a consecutive 6-week block per class.**

Discounts for booking more than one class per week.

**Half day and one day courses will be available later in the year**

**Do register your interest.**

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