

Gentle corrections to ensure alignment, support and safe movement



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

Monday evenings 4:30 to 6

Tai Chi – some knowledge of Yang Style required

Tai Chi is a long sequence of movements learned over time, which become a beautiful flowing Qi Gong. The Yang Style short form has about 40 connected individual movements that combine Qi Gong with martial application. This class includes comprehensive preparation exercises, solo form and partner practices to help develop sensitivity and unified movement.

Monday evenings 6 to 7:30

Qi Gong – shaking and sequence

Beautiful 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 flexibility, stamina and greater confidence in your body so you feel stronger and more coordinated.

Tuesday mornings 10 -11:30

Somatic Movement – harmonise your posture

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.

Wednesday mornings 10 – 11:30

**Restorative Yoga – quiet 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 position than our normal range. Because of the support you feel safe to let your body sink into the ground/support and then muscles and tendons can ease out. Restorative breathing, deep and long, helps this process. This is a meditative, mindful style of yoga.

Thursday mornings 10 – 11:30

Qi Gong – gentle awakening 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 to maintain optimum body function throughout our lives.

Cost - £60 for a consecutive 6-week block
£15 per class on a pay as you go basis.
10% discounts for booking more than one class per week.