



White Hart Lane  
Portchester  
PO16 9BD  
Tel: 023 9236 4399

Head Teacher: Mr. Roger Matthews

# PO59 HATHA YOGA

**DAY AND TIME:** Tuesday 10.00 am – 11.30 am

**VENUE:** Castle Street Centre

**TUTOR:** Kim Thayanukulvat

**DURATION:** 10 weeks



**COST:** £60.00

**COURSE COMMENCES:** Autumn Term - 21<sup>st</sup> September 2010  
Spring Term - 18<sup>th</sup> January 2011  
Summer Term - 26<sup>th</sup> April 2011

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Hatha Yoga is the gentle way to fitness, health and happiness. This course is open to students of all ages and abilities, men and ladies alike.

This course aims to introduce Yoga to beginners, whilst furthering the interests of more experienced students.

Yoga is non-competitive and, therefore, allows each student to work to their own body's natural limits.

Each lesson will include breathing exercises, postures and relaxation.

Over the weeks students may notice that their bodies gain in strength and flexibility, whilst their minds become calmer and their emotions more balanced.

Yoga encourages health and harmony within the whole body and consequently helps to enhance student's daily lives.

Please wear loose, comfortable clothing. Bring a mat to work on and a blanket to keep you warm during relaxation.

If for medical reasons you have any doubts about practising Yoga, please consult your G.P. before joining this class.

**Progression** – ongoing personal development within class. Learners wishing to progress to accredited teaching courses signposted to other providers or British Wheel of Yoga via the tutor or centre.

*50% discount on course fees for those claiming a means tested benefit  
Refund Policy – we can only refund course fees due to serious illness or sudden move a £10 admin fee will be deducted*

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