



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

Head Teacher: Mr. Roger Matthews

# PO62 HATHA YOGA

**DAY AND TIME:** Tuesday, 7.00 pm – 8.30 pm

**VENUE:** Portchester Community School

**TUTOR:** Oriana Taylor

**DURATION:** 10 weeks per term

**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 a more balanced way to approach life. 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 abilities of more experienced students.

Yoga is non-competitive and therefore allows each student to work to their own body's natural limits. We practise relaxation, (good for stress), exercise, (to make the body supple), and learn to breath properly, (coping with asthma, hayfever etc.) and much more.

Gradually students will notice that their bodies gain in strength and flexibility, whilst their minds become calmer and their emotions become more balanced. Promoting health and harmony within the whole body and so helping to enhance students well being. There are booklists available for further reading and information on courses available for students wishing to progress.

Please wear loose, comfortable, clothing. Bring a mat to lie on, cushion/block (props if required) 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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