



YIN-YANG BALANCE YOGA

WEEKLY CLASSES

Yoga translates as 'union'. Union of the body, mind and soul. Yoga is not just a form of exercise, yoga can be knowledge, balance, awareness, stillness, concentration, love and health. Yoga can be a way of life. Yoga improves flexibility, core strength, digestion, joint mobilisation, organ function, balance, concentration, lung capacity and sleep, among other things.

Anita has recently moved to Cornwall from Salisbury where she taught up to 13 classes a week over 6 years, she specialises in creating a warm and calming environment that enables everyone to relax and enjoy the benefits of yoga. Over the years Anita has formed her own style of teaching that brings together her yoga and acupuncture knowledge. Her classes start off with breathing exercises (pranayama) and then moves into dynamic warming sequences including balance work (Yang) and then moves into slower, longer held, calming postures (Yin) and culminates in a deep relaxation (Yoga Nidra).

Try your 1st class for free! Then
£60 for an 8 week class pass- this can be used at either class but must be
used within 1 year of purchase
Or £10 drop in



Monday's 9.30-11am @ Roselidden Farm, Trevenen Bal, Helston, TR130PT



Friday's 9.30-11am @ The Old School Room, The Green Lane, St Erth, Hayle,
TR27 6HS

Please contact Anita to book:

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