

Yorkshire Yoga

Christmas 2018 Newsletter

It's been a very busy year here at Yorkshire Yoga. We hope 2018 has been a good year for you. Chris Cox joined us in the summer as our new CEO and has been working hard with Cara and the Trustees to develop and promote the Centre.

Many of you have been enjoying new classes in the extended timetable including Wake Up The Week and Chair Yoga with Jann Forde

New Tutors Claire Lumb, Dani Bedding and Indra Singh recently joined us bringing Adult Dance Fitness, Children's Ballet & Tap, Mums and Babies Yoga and Flow Yoga classes.

We've more new classes starting in the New Year including Beginners Yoga, Saturday Children's Yoga, Post Natal Pilates and a Mindfulness Based Living Course. Please call the office for more information.

A new Hot Yoga class begins in January 2019 led by Jean Benedict and the Able and Enabled class has relocated to Monday from Thursday.

We are really pleased to be able to continue our outreach Gentle Yoga class supporting Dene Park residents. The class is very important to this group and makes a tremendous difference to their health and wellbeing.

Our new Action Towards Inclusion programme is now well established and greatly appreciated by all the attendees. This programme of mindfulness classes, Nada Yoga, YogArt (Yoga and Art) and holistic therapies is available to people who are not currently working due to caring responsibilities or long term health conditions.

Do have a chat with Chris or Cara if you or someone you know may be eligible to attend the programme and there is no charge to the participant for the support we can offer.



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LOTTERY FUNDED**



European Union
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Great Gift Ideas

We want to encourage everyone to access Yoga and so why not purchase a Gift Voucher for someone special this Christmas?

Yorkshire Yoga runs a popular Gift Voucher scheme - giving access to Pilates and Yoga classes at a discounted rate.

£40 - 5 Class Pass

£25 - 3 Class Pass

These passes give you access to a class for a special price and you can purchase these or a standard class pass of your choice from the office.



Why Not Introduce a Friend..?

Why not encourage one of your friends to experience Yoga. We are offering one class pass to any friend you bring along or recommend to Yorkshire Yoga so they can try a class for free. If you're a registered student you can also try a class for free and then **book two classes for £10.**

What a wonderful way to banish the winter blues....



New Class Timetable 2019

We've just published our new timetable for classes starting in 2019 so please visit our website at www.yorkshireyoga.co.uk and follow the links on our homepage to download a copy in pdf format.

If you've any queries then please get in touch with us. Our contact details are at the end of this newsletter and on our website.

And Finally...

A big thank you to all our wonderful tutors and students for all your support and helpful feedback through the last 12 months.

Wishing you all a happy, healthy, peaceful and joyful Christmas and New Year.

Yorkshire Yoga

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