



# Weekend Yoga



**Day and time:** Saturday, 08:00 – 09:00  
Saturday, 09:15 – 10:15

**Location:** The Wellington Centre  
44 Wellington Square  
Hastings  
TN34 1PN  
*Please push the button for room 8 on the panel by the front door and you will be let in*

**Price:** £36 for 6 lessons or £7 drop-in (if room)

07981 003116  
info@weekendyoga.co.uk  
www.weekendyoga.co.uk  
@weekend\_yoga

---

---

Welcome to Weekend Yoga. This leaflet gives you some basic information about the classes and about yoga itself so that you can get the most out of your yoga lessons. If you have any questions please do get in touch.

### **About Weekend Yoga**

Classes are taught by Michelle Renno who studied for her teaching diploma with the British Wheel of Yoga. She went to her first yoga class in 2009 and loved it immediately. Over time her interest in yoga grew and so in 2013 she started the BWYQ Level 4 Diploma training course to become a yoga teacher which she passed in 2016.

The style of yoga she teaches is gentle and slow. There is time to consider each posture, think about the breath and be mindful of the body. The classes are suitable for adult beginners of any age.

### **About the classes**

Lessons are 60 minutes long and are run in courses of six weeks. There is space for up to 16 pupils in each class.

If you pay for a whole course, the classes are discounted and you are guaranteed a space in each lesson. If you can't commit to a course then you can drop in but this is offered on a first-come, first-served basis and priority is given to those who have booked a course.

### **About you**

You will be asked to fill out a simple health questionnaire before starting a course of lessons. This is to ensure that we are aware of any issues that you have so that they can be taken into account in the class. This form can either be downloaded from the website or sent to you by email.



---

### **What to wear**

Wear simple, comfortable clothes that are not too baggy. You are likely to get hot during the class but will cool down quickly during relaxation so please wear layers. A typical outfit might be a pair of leggings or yoga trousers with a t-shirt and sweatshirt.

Remember that yoga is performed barefoot so if you want to wear socks please buy a pair of special yoga socks that have a non-slip sole.

### **What and when to eat**

As with any physical activity it is not recommended that you eat a big meal for at least two hours before practising. A light snack will be fine but you should try not to eat anything in the hour before your class. You will be doing a lot of bending, stretching and twisting which is not good on a full stomach. You can drink water any time up to and during the class.

### **What to bring**

Please bring your own yoga equipment if you have it, otherwise mats and props will be provided. However you may like to bring a bottle of water.

### **What to expect in the class**

The classes are friendly and informal, and the atmosphere is non-competitive and relaxed. Each lesson is made up of posture work and breathing exercises, and concludes with a short relaxation.

### **Mobile phones**

Please ensure your phone is off or on silent before you come to the class.

---

---

## What is yoga?

Yoga is a practice that links the breath, mind and body to create balance and calm, both mentally and physically.

## What are the benefits of yoga?

- Improved posture, flexibility and strength
- Improved concentration
- Enhanced feeling of well-being
- Better quality sleep
- Reduction of anxiety and depression
- Improved efficiency of lungs and cardio-vascular system

## About the British Wheel of Yoga

“Established in 1965, the British Wheel of Yoga (BWY) is the Sport England recognised national governing body for yoga. As yoga has grown in popularity so too has the BWY. At our core remains our guiding philosophy to promote a greater understanding of yoga and its safe practice through experience, education, discussion, study and training.”

*Taken from the BWY website - [www.bwy.org.uk](http://www.bwy.org.uk)*

## Please get in touch

If you have any queries or would like to know more about the classes please do get in touch.

Telephone: 07981 003116  
Email: [info@weekendyoga.co.uk](mailto:info@weekendyoga.co.uk)  
Website: [www.weekendyoga.co.uk](http://www.weekendyoga.co.uk)  
Twitter: @weekend\_yoga

