Free Yoga Class

for Styles House Residents

Thursdays 6:15 -7:15 pm - weekly in Tenants Hall.

Regular yoga practice improves core strength, flexibilty, stress and mental outlook, which makes it suited to most ages and abilities,
Space is limited, so first come first served. (some help to move furniture would also be much appreciated!)

Please bring - yoga mat (or large towel if you don't have one)

Please wear - loose unrestricted/stretchy clothing (without any studs/buttons etc that might hinder you) and footwear that is easy to remove, (as yoga is done in bare feet.).

Please note - Although every precaution will be taken for your safety during class. nobody knows your body's limitations better than you. Yoga is not competitive, so it is not neccessary to push yourself or do anything you see others doing. Regular practice greatly improves results

However, any previous injuries or back problems should be disclosed to the teacher before starting so they can modify your practice accordingly..

* This is a free class, and as such has a legal requirement that you understand you are undertaking it at your own risk, and that the teacher bears no responsibilty for personal injury.