

NEW CLASS

YOGA

*with our chiropractor
Rob Lamport*



WEDNESDAY NIGHT YOGA
GODALMING UNITARIAN HALL 7-8.15PM

YOGA YOGA

Due to the popularity of Robs Monday evening yoga class, we are pleased to announce that he will be starting an additional class in Godalming Unitarian Hall from Wednesday the 27th of February, at 7-8.15pm.

The class will pay particular attention to the spine, using yoga as a tool to restore balance and function. Rob's approach is to have students build greater awareness through the use of the breath to quieten the mind and physical postures to allow greater understanding of the body. The class will be suitable for both beginners and more those more experienced.

Cost

The classes will held over 6 weeks blocks. There are two options, either to pay for all 6 classes for the cost of £48, or 4 classes out of the 6 for £40. At the end of 6 week block those wishing to carry on will be able to sign up for a further 6 week block.

About Rob

Rob has been practicing yoga for over 15 years, during which time he has made annual visits to India to study with some of India's foremost teachers. He has studied different systems of yoga, including Hatha and Ashtanga, as well as the various disciplines of yoga including asana (postures), pranayama (breathing) and meditation. Having a combined knowledge of both yoga and chiropractic his classes offer participants the wealth of his experience in an environment that will be both safe and tailored as much as possible to the individual.

Other classes

Monday's

Yoga - Rodborough School

There are limited spaces available to join this class from the 25th of February. The class is from 7-8.15pm. The cost is the same as the the wednesday class. If you interested please contact ASAP to reserve your place

Saturday's

Spine Rehab - St John Church Hall

For those with new or old back injuries. This class focuses on correcting faulty movement patterns that can be damaging to the spine. Building on this foundation, safe exercises are taught to build better strength in the legs hips and spine. By the end of the course participants will have their own personally designed program and will have a much greater understanding of how to avoid injury in the future.

Next course will run from 9-10am on the 16th and 23rd of March and the 6th and 13th of April. Cost £50.



*For more info and
booking:*

*Contact Rob
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