

Yoga on the Pier

Join local senior yoga teacher, Helen McCabe, for these weekly Wednesday morning yoga sessions on the beautiful location of Swanage pier this summer. These hour-long sessions will be gentle guided flow classes suitable for all levels and will include an introduction to simple breathing techniques, some standing and seated postures and a guided relaxation.

These classes will take place outdoors, on the pier itself, with the beautiful views of Swanage Bay as our backdrop. The nature of the location, however, does mean that the floor surface is not as even as an indoor floor, which you need to be mindful of. Please dress in clothes that are comfortable to move about in. We are also exposed to the elements and hopefully will be blessed with warm sunny mornings but do please come prepared with layers for extra warmth and hat / sunscreen, as appropriate for the weather. Yoga is traditionally practiced barefoot, so a mat is essential. If you prefer to wear suitable outdoor fitness shoes that is also OK. Due to current restrictions we are unable provide mats, therefore please bring your own along. You may also like to bring a cushion to sit on and a blanket or shawl for the relaxation at the end.

Please inform the teacher before any class of any injuries, operations, if you are pregnant or have any medical conditions so that we can give appropriate modifications. If you have any injuries or medical conditions, we would also recommend checking with a doctor or medical professional for their advice before attending any yoga class. All levels and abilities welcome. Not suitable for children.

Due to the current situation there will be social distancing in place during the class, with hand sanitizer available to use. Please resist the urge to chat up close before and after the class, 2m apart please.

Please don't come to class if you are feeling unwell, even if you don't think it could be Covid 19. Please email activities@swanagepiertrust.com if you are unable to attend.

The Pier and the teacher do not accept responsibility for lost, stolen or damaged goods whilst on the Premises.

If the weather is too wet, wild and woolly the class will be cancelled, and we will let you know via telephone and email. In the event of cancellation due to the weather, a full refund will be given, or money transferred over to another date if there is availability

By paying for a class, you confirm that you have read and agreed to the above terms and conditions.

If you have any questions, please do not hesitate to contact the Pier on 01929 425 871 or activities@swanagepiertrust.com.

