

## Summer Yoga Classes on Swanage Pier 2026

We are excited to announce that the Yoga on the Pier classes will be returning this summer. This will be our eighth year of summer yoga sessions on the Pier, and they are such a joy. Not only are they a wonderful start to the day, they're also a lovely opportunity to connect with others in our community here in Swanage. Most importantly, you will be helping to support the fantastic work of the Swanage Pier Trust in looking after this magical place.

Haṭha yoga encompasses the physical practices of yoga, including asanas (postures), mudras and pranayama (breath control). Through these practices, we work to bring a state of balance to the body, mind, and nervous system. Anyone can benefit from the simple tools of yoga, which can be a wonderful practice for general wellbeing. Just a few minutes of regular practice can help develop strength, stability, flexibility, and a calm mind.

### **All levels guided class**

**Tuesday mornings: 8.00–9.00am**

**Pop-up Saturday evening sessions: 5.15–6.15pm**

These sessions will be a gentle, guided flow suitable for all levels. They include simple breathing techniques, a mix of standing and seated postures and a guided relaxation. Each week we'll focus on a different element of the practice, sharing tools to help you develop a deeper awareness of your mind, body, and breath. With regular practice, yoga can be a wonderful way to cultivate steadiness in the body, breath, and mind.

We will explore variations to support everyone to find ways to move that feel comfortable in their own body and we encourage each person to develop awareness of how their body feels as they move and never to push into feelings of discomfort or pain.

All levels and abilities are welcome. We are not able to accommodate children in either class unfortunately.

## **Intermediate level guided class**

### **Thursday Mornings 8am - 9am**

The Thursday morning sessions are more dynamic in pace and will include the opportunity to explore some more challenging postures. We will explore breath awareness and movement practices, with particular emphasis on building strength and stability. The class will end with a guided relaxation.

Suitable for anyone with an established regular yoga practice who is looking for a more challenging or dynamic class. These classes are not suitable for beginners.

Please contact Helen ([info@yogaatthespace.com](mailto:info@yogaatthespace.com)) if you would like more information about the classes or are not sure which one would be suitable for you.

### **Important information includes what to wear and bring.**

- All spaces must be pre-booked as numbers are limited.
- In respect for your fellow practitioners and in order to hold a safe and supportive space for the class, we kindly ask that you arrive on time. Arriving late is disruptive for everyone else in the class and also means that we can't check in properly with you before you start your practice. We are mindful that people may have commitments that mean that they need to leave promptly after the class and so it is important that we start and finish on time. In this way we can hold a supportive practice space for everyone. We recommend that you arrive at least 10 mins before the start of the class, so that you have time to walk from the car park to the end of the pier where the yoga will take place and get settled ready for our prompt start at 8am. The class will finish at 9am.

We reserve the right not to allow people to join in the class if they arrive late. Thank you for your understanding and consideration.

- 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 okay.

- Please bring a non-slip yoga mat or get in touch the day before the class to let us know if you don't have a mat and need to borrow one. We also recommend that you bring a cushion (or folded towel / blanket) to sit on as well as layers for relaxation at the end. Please note that towels are not suitable to use as yoga mats.
- Please inform the teacher before the class if you have any injuries, if you are pregnant or have any health concerns that may impact your ability to safely participate in the class so that we are aware of this and can support you to practice safely. If you have any injuries or health concerns, we recommend checking with your doctor or medical professional for their advice before participating in the class.
- 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 / email. Please make sure that we have your contact details in advance.
- 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.