

## Yoga on the Pier Summer Sessions

### Class Descriptions

We are excited to announce that the Yoga on the Pier classes will be returning this summer. This will be our sixth 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 are also a lovely opportunity to connect with other people 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 are working to bring a state of balance to our 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 support us to develop strength, stability, flexibility and a calm mind.

#### **Tuesday Mornings 8am - 9am**

Starting Tuesday June 18<sup>th</sup> – Tuesday 20<sup>th</sup> August (no class on Tuesday 16<sup>th</sup> July)

#### **'All levels Guided Class'**

The Tuesday morning sessions will be a gentle guided flow class suitable for all levels of experience and will include an introduction to simple breathing techniques, some standing and seated postures and guided relaxation. We will focus on different elements of the practice each week, sharing simple tools that will support you to develop a deeper awareness of your mind, body and breath. We will explore variations to support everyone to find ways to move that feel comfortable in their own body. We encourage practitioners to develop awareness of how your body feels as they move and never to push into feelings of discomfort or pain. With regular practice, yoga can help us to cultivate steadiness in our body, breath and mind.

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

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

Starting Thursday 20<sup>th</sup> June (no class on Thursday 18<sup>th</sup> July)

#### **'Intermediate level Guided Class'**

The Thursday morning sessions will also explore breathing and movement practices, with relaxation at the end, but will be more dynamic in pace and include an exploration of some more challenging postures.

Suitable for anyone with an established regular yoga practice who is looking for a more dynamic. **They are not suitable for beginners.**

## Yoga on the Pier Summer Sessions

Classes are £12.00 per session or 4 x sessions for £40.00.

If purchasing a block of four, please note that if you are unable to attend, the booking cannot be transferred to another date.

Please contact Helen (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.

**Please allow at least ten minutes to walk up the Pier before the class, to permit the class to start on time.**

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.

Please bring a non-slip yoga mat (**towels are not suitable**).

We are not able to loan mats or other props, however if you don't have a mat then please get in touch before the class.

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 inform the teacher before any class if you have any injuries, had recent surgery, if you are pregnant or have any medical conditions so that we are aware of this and can support you to practice safely. If you have any injuries or medical conditions, we recommend checking with your doctor or medical professional for their advice before attending any yoga 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.