

VENUES



MESSING VILLAGE HALL

The Street, Messing
CO5 9TN



TIPTREE COMMUNITY CENTRE

WEBB HALL, 1a Caxton Close
Tiptree, CO5 0HA



THE TREE ROOM

TREE ROOM STUDIO
12 Trinity St, Colchester CO1 1JR

CLASSES

Hatha Yoga - Mixed Ability

MESSING VILLAGE HALL
The Street, Messing CO5 9TN

MONDAY 10:00 (75 mins)
TUESDAY 20:00 (90 mins)
THURSDAY 9:30 (75 mins)

Chair Yoga - Gentle

MESSING VILLAGE HALL
The Street, Messing CO5 9TN

MONDAY 11:30 (60 mins)

THE TREE ROOM
12 Trinity Street St, Colchester CO1 1JR

THURSDAY 12:30 (60 mins)

TIPTREE COMMUNITY CENTRE
1a Caxton Close, Tiptree CO5 0HA

FRIDAY 9:30 (60 mins)

Class bookings and payments available
on line at: www.silver-spiral.co.uk



HATHA YOGA & CHAIR YOGA

'Yoga practice allows us to know ourselves and trust ourselves more fully'.

Zoe Smith

British Wheel of Yoga Teacher
Silver Spiral Holistic Health

07967 348089

zoe@silver-spiral.co.uk
www.silver-spiral.co.uk



Hatha Yoga - Mixed Ability

PAY AS YOU GO	£9
5 SESSIONS	£40
10 SESSIONS	£75
PRIVATE BOOKING (60 mins)	£30
+ travel and room hire if applicable	

SESSIONS VALID FOR FOUR MONTHS

Chair Yoga - Gentle

PAY AS YOU GO	£7
PRIVATE BOOKING (60 mins)	£30
+ travel and room hire if applicable	

YOGA BENEFITS

Yoga is good physically as practice strengthens and tones muscles, lubricates the joints and improves overall mobility and flexibility. Breathing practices in yoga are beneficial for the mind and can help you to relax or to feel energised.

'If we can control the breath, the mind will follow, our breathing techniques are an invaluable tool in our toolbox for life!'

Invest in your own wellbeing, further benefits include: sleeping better, feeling fitter, feeling more energetic, being happier and finding peace within.

WHAT IS CHAIR YOGA?

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, often the poses are adaptations of mat based yoga poses, it is great practice for everyone, as it promotes flexibility, strengthens muscles and deepens personal body awareness. Chair yoga classes are suitable where mobility is limited and a standard mat based yoga class would not be appropriate. It is one of the gentlest forms of yoga available.

Highly beneficial for people with limited mobility or minor injury, hypertension (high blood pressure), anxiety, ME, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, osteoporosis, carpal tunnel syndrome, clinical depression and chronic pain.

PREPARATION

Try to allow at least two hours after a meal before you come to class (have a light snack if necessary).

WHAT TO WEAR

Wear clothes that are comfortable and non restricting, women usually wear leggings and a T-shirt. Men usually wear training bottoms/ shorts and a T-shirt.

Bare feet is normal during class, socks are fine for chair yoga and non slip socks could be worn in winter for mat based yoga.

WHAT TO BRING

Mats/Chairs/Blocks/Blankets and Belts are provided for students use, however you are welcome and encouraged to bring your own beloved yoga mat for mat based yoga if you have one. You also might like to bring some drinking water, especially in the summer months.

YOGA KULA (COMMUNITY)

Kula is a Sanskrit word that can be translated as "community," "clan" or "tribe." A sense of inclusion and belonging that can be cultivated through yogis coming together to practice yoga.

The kula is considered sacred because it is a group of people who come together freely, with intention and a shared sense of purpose. In this way, the traditional idea of yoga as a personal and individual practice can be expanded to include more social aspects and experiences of connection with others as well as the self. If we harness the power of connection with loving intention, we can influence even greater positive changes in the bigger community outside our yoga world.

PRIVATE CLASSES

Private classes are available for 1:2:1 or groups up to 3 people. You'll have the opportunity to truly focus on your own practice and tune in to what your body needs. It's the perfect way to address your personal needs and intentions and really make your yoga practice work for you.



PROMOTING WELLBEING



Zoe continues to educate herself in yoga and other healing therapies, and this inspires her teaching. Her classes promote wellbeing, incorporating healthy breathing, alignment and balanced

energy flow.

Encouraging students to 'Shine out from the Inside' and inviting them to courageously and skilfully explore the boundaries of their perceived limitations. You will leave her classes feeling empowered and renewed.

