

Hatha Yoga

The word *'yoga'* is derived from an ancient eastern language and translates as *'to unite or to bind together'* the practice of yoga helps us to achieve a state of physical, mental and emotional balance which encourages good health and a sense of well-being.

Everyone is welcome, regardless of age, size, sex, creed or fitness.

The only requirements are a rug or mat large enough to lie on, loose clothing, an empty stomach and an open mind!

If you would like more details, please phone:

Claire Goodall - 07930 926825 (Monday Class)

Anne Cissel – 01943 609723 (Tuesday Class)

Additionally, there are sessions on the second Sunday of each month from 2.00-5.00pm organised by the West Yorkshire Federation of Yoga for those with some experience of yoga.

A different tutor is invited each month and a programme is issued in January each year.