

# yoga4everybody

**Kristie Clemow 0419 629 110**

Kristie has been teaching yoga for 7 years and practicing for 18 years. She completed her Advanced Diploma of Yoga Teaching at the Nature Care College in Sydney and has further deepened her studies thru extensive teacher training courses with international Yoga teacher Donna Farhi. Kristie's main focus is to make the traditions and techniques of Yoga available to everybody. In order for yoga to be of benefit it needs to be tailored to the individual, suiting whatever stage they're at in their life journey. Within the structure of each class, students are offered variations and modifications so that the practice will suit an individuals needs or to support an injury or weakness. By creating stability and integrity within the body, space and stillness within the mind, and peace within our hearts, our true potential is then unveiled.

## Class times

Monday Mornings

9:30 – 11am

General Yoga Practice (suitable for all levels)

Thursday Evenings

7:30 – 8:30pm

Dynamic Yoga Strength/Stretch (suitable for all levels)

Friday Mornings

9:30 – 11am

General Yoga Practice (suitable for all levels)

## Class Types

**General** – Traditional style of yoga class (1 ½ hours) dedicated to balancing the body and mind. It includes isolated muscle stretches as warm-up, sun salute, standing poses, balances, forward and back bends, twists, core work, inversions, restorative poses, breathing practices, mediation and guided relaxation. With regular practice yoga can: increase flexibility, strength and vitality; improve posture; help relieve stress, anxiety and tension; and, induce relaxation and a calm state of mind.

**Dynamic** – Physically active class (1hour) that uses traditional yoga asana (poses) and vinyasa (flowing movement) to promote cardiovascular health while strengthening and stretching the body - be prepared to sweat! It includes sun salute, standing poses, balances, forward and back bends, twists, core work, breathing practices, inversions and a 10 minute guided meditation/relaxation completes each session. With regular practice yoga can: increase flexibility, strength and vitality; improve posture; help relieve stress, anxiety and tension; and, induce relaxation and a calm state of mind.

