



SANDSTONE
YOGA & PILATES

YOGA FOR BEGINNERS COURSE

DATE:



STARTS
8th SEPTEMBER 2019

**Limited spaces
available**

PRICE:



Early Bird Price
£45
**when booked &
paid in full before
1st August 2019**

WHAT IS THIS COURSE ABOUT?

This 4 week beginners course for people with little or no experience of yoga or for those looking to revisit the basic principles of yoga. The course will introduce you to the fundamental yoga poses, concentrating on healthy alignment and building an awareness of your breath. You will begin to experience the positive impact of yoga on your posture strength and flexibility as well as your ability to respond to the everyday challenges of life.

This course is an ideal way to begin your practice and discover yoga in a non-competitive and fun space. Irrespective of your age, ability or body shape you will be very welcome. At the end of the course the teacher will guide you through the Sandstone schedules, so you are confident to move forward in your yoga practice. Plus you will get the chance to enjoy being part of a local yoga community.

WHAT WILL I EXPERIENCE ON THIS COURSE?

The course content will focus on learning the following aspects of yoga:

- minimum of 12 key postures in depth
- 1 yoga sequence
- I Meditation & Relaxation technique
- Breathing techniques

IS THIS COURSE SUITABLE FOR ME?

This course is suitable for anyone interested in learning more about yoga, whether you are a complete beginner, or you already practice yoga and just want to revisit the basic principles. The course is not competitive and irrespective of your age, ability or body shape you will be very welcome. You are guaranteed a warm welcome in our studios as well as the chance to be part of the fantastic Sandstone community.

We can't wait to guide you through this course and introduce you to the benefits of this ancient practice.

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CAN I MAKE IT?

The course will run as four 90 minute sessions on Sunday's in September 2019 between 12 & 1.30 pm.

Venue: Sandstone Yoga & Pilates, 2nd Floor, 2 Duke Street, Sutton Coldfield B72 1RJ

Dates: 8th, 15th, 22nd & 29th September 2019

WHO WILL TEACH ME?

Emma Young RYT

Emma has been practising yoga since her school days, when her mom introduced her to help her to combat exam stress. Keen to share the benefits of yoga with others, Emma joined the Sandstone Yoga Teacher Training Academy to become a Registered Yoga Teacher (RYT), certified by Yoga Alliance Professionals. Emma likes to teach a relaxed, fun class holding poses & balances to build strength, whilst connecting movement & breath to calm the mind.

HOW MUCH DOES IT COST?

The full cost is just £49 per person. But if you book your spot before 1st August you can secure your spot for just £45. We are now accepting payment for the course either by:

- Cash or Card at reception in the Sutton Coldfield studio
- By phone
- Online through this website - via MindBody

We very much look forward to seeing you here and starting your Sandstone Yoga & Pilates journey with us!

Louise



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