

Beginners Yoga 6 week course, start anytime, with Nina

Tuesdays 7.30-8.45pm

This six week course provides an introduction to yoga to absolute beginners and a thorough grounding in yoga postures to all students.

The method is progressive, safe and orderly. The teaching and the postures are adjusted to meet the conditions and needs of each student. The practice will develop strength, flexibility and endurance. Students gain confidence and learn precision in their yoga practise, which enables the body and physiological system to function at their best.

Students learn by thorough demonstrations, a focus on alignment and postures taught in a discerning manner. The use of yoga equipment, such as ropes and chairs, are taught to deepen students' understanding of the postures and to help them to achieve specific actions in the body and extension of the spine. The standing postures will be covered in depth, as well as key seated postures, forward-bends, back-bends and inversions.

This course is designed so that it is suitable for complete beginners, as no knowledge or experience is assumed. It is also popular with students who are experienced in yoga, particularly those who wish to gain a deeper understanding of yoga asana and to advance their yoga practice.

6 classes in 6 weeks : £60*

*All 6 classes should be used within the 6 weeks; students may attend Wednesday class where needed. Outstanding classes may be carried through to the next term when students have signed up for a 6 class term.

For more information please email nina@ninaforbes.com

[Booking here](#)

