

# Yoga classes at The Vault with Jayne from Ad Astra



Jayne Attwood

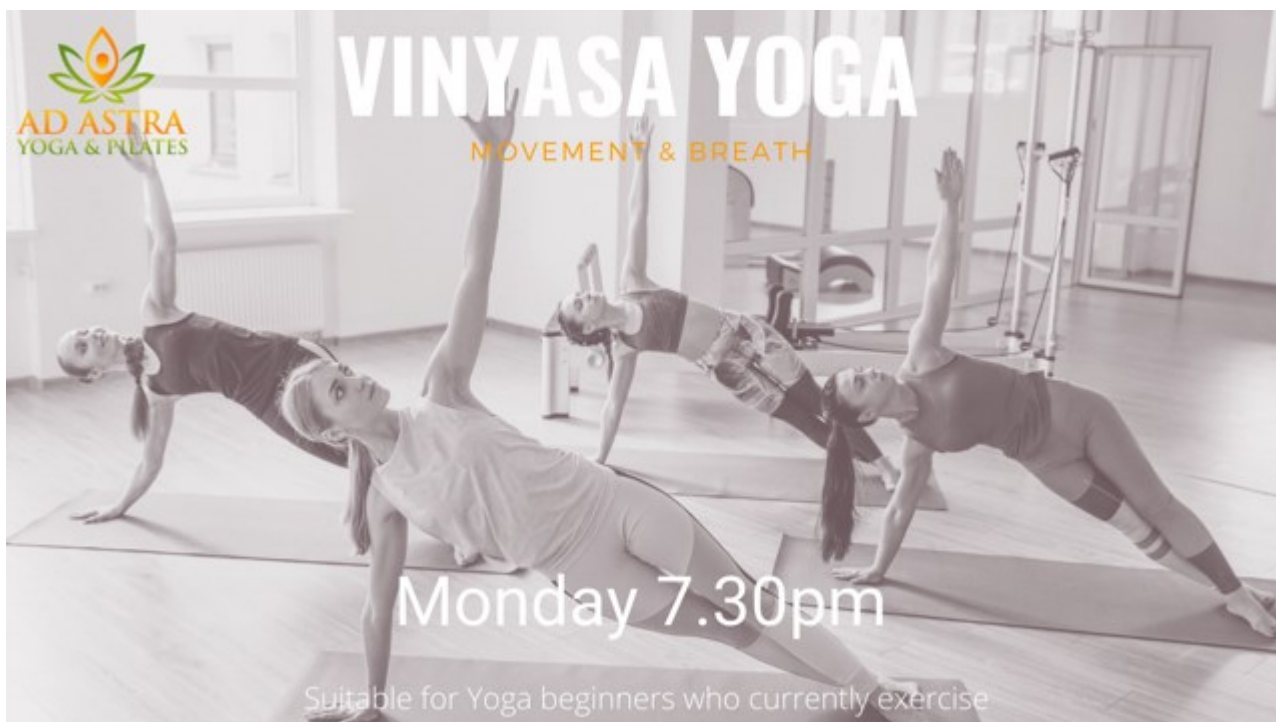
## Exercise Qualifications

- Level 2 Exercise to Music
- Indoor Cycling Advanced Instructor
- Pump fx
- Boxercise & Kickboxercise Instructor
- Level 3 Mat Pilates Diploma
- Level 3 Yoga Diploma + Advanced Vinyasa, Yoga Nidra & Level 1 Yin Yoga
- Pilates for Orthopaedic Conditions Diploma
- F L E X Instructor

So let me say hello and tell you a little about me.

Having been into sport (swimming, running & triathlon in particular) all my life, I decided to start turning an interest into a career in 2010. I have taught exercise in various forms around West Oxfordshire as my full time career for 8 years, gaining qualifications, teaching experience, and having lots of laughs. My favourite 2 classes to teach are Mat Pilates and Yoga. I've participated in Yoga for 25 years, but once I completed my Yoga Teacher training, I just knew that this was where it would be at for me.

In my world of crazy teens & hubby working away from home, sharing my love for Yoga & Pilates is a MUST to keep me mentally and physically sane. I've had a great experience taking my classes online during the COVID-19 lockdown and it's wonderful to be able to see & chat with people during these strange times. It has been a blessing to be able to start COVID risk managed face to face classes again more recently though.



Vinyasa Yoga unites movement and breath; the word Vinyasa means 'to place with consciousness', so we will be moving from posture to posture working with our breathing pattern. The skill level is suitable for Yoga beginners, but the class is physical, using low impact, whole-body exercises to increase the intensity, so you will need to be currently exercising, but you don't need to be flexible. There will also be an opportunity to 'play' and focus on one of the stronger poses or balances during the class too.

You can book a class at £7 PAYG F2F (COVID restrictions dependant) or purchase a 5 or 10 Class Block at a discounted rate, or we also offer this class online at £4. Senior Citizens get a discount off F2F blocks – please contact me on [adastrayoga@gmail.com](mailto:adastrayoga@gmail.com) before booking.

**Classes are held at The Vault in Carterton**  
**Monday's 7.30—8.30pm**

**Booking: Contact Jayne direct on [adastrayoga@gmail.com](mailto:adastrayoga@gmail.com)  
[www.adastrayoga.org](http://www.adastrayoga.org) Telephone: 07968 344681**