



NEW! Yoga classes at The Vault

Class: Parent & Child Yoga with Lizzie

Day & Time: Wednesday, 10:00 – 11:00 Begins June 16th

First class free! Drop in: £8.50* Passes: 4 Classes £32 or 8 Classes £60

Class: Cherish Yourself - 8 week yoga fundamentals course with Lizzie

Day & Time: Thursday, 19:30 -20:30 Begins June 10th

£80 - full course including free bonus celebration class on August 12th!

BOOK YOUR CLASS:

Contact Lizzie on 07412651776 or email
mindfulmovementyoga@outlook.com

*Dropping in? Please contact me half an hour before class to ensure the maximum capacity has not been reached.

Parent and Child Yoga Classes

Let's face it, we've all had *quite* a year!

Would you like to take some time for yourself, meet other parents in your community, stretch and strengthen your body and learn some simple breathing and mindfulness techniques to help with the stress of everyday life? All while your little one plays near you in a clean, soft, safe environment?

In my parent and child classes I will teach a gentle guided yoga flow in a fun and supportive atmosphere. Depending on their age, your little ones can join in and copy, potter about and play around us, or just have a snooze in their pram! No previous yoga experience is necessary.

Plus we will soon have a café onsite for that much needed coffee and cake after class!

You deserve something for you that your little one can enjoy too!

Please bring a yoga mat (though I will have some spares if needed!) and some toys for your little one to play with.

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Cherish Yourself 8 Week Course

Are you interested in yoga but have never stepped on a mat and feel intimidated to join an established fast-paced class? Or maybe you've been practising yoga online, and would like to delve deeper into your yoga journey with the reassurance of a face-to-face teacher?

If so, then this course is for you!

In the Cherish Yourself Course you will:

- ◇ **Learn the fundamental postures of yoga, practice with confidence and make each pose your own**
 - ◇ **Improve full body strength and mobility**
- ◇ **Find a sense of peace and joy through simple mindfulness and breath work techniques**
- ◇ **Take the key concepts taught on the mat into a more movement rich life, enhancing posture, work, play, sport, sleep... the list is endless!**
- ◇ **Forge new friendships and establish a supportive yoga community along the way.**

Each class will start with a 20-30 minute workshop, where we'll discuss and play with particular types of yoga postures to find a way to make them feel right for your body. Then I will guide a 30-40 minute vinyasa / hatha yoga flow, taking the skills you have learnt into a full body flow, followed by a deeply relaxing savasana, so you can leave on a cloud.

You will receive an email following each class detailing the poses we covered and an illustrated copy of the flow.

You deserve the time and space to embrace new skills and cherish yourself.

BOOK YOUR SPACE:

Contact Lizzie on 07412651776 or email mindfulmovementyoga@outlook.com

About Mindful Movement Yoga

Hi, I'm Lizzie from Mindful Movement Yoga! I am a 200hr registered yoga teacher accredited with Yoga Alliance.

The focus of my teaching is to create a supportive and welcoming atmosphere, helping people to find a way to make each pose feel right for their body, and to give them the independence to find joy and ease in their practice.

I am passionate about teaching movement that is functional. I want people to use the key concepts taught on the mat to improve the quality of their lives, whether that is through gaining more control over their thoughts and emotions with meditation, mindfulness and breath work, or guiding them into a more movement rich life.

My classes incorporate a mixture of hatha and vinyasa yoga. Some sections will be more flowing and in other sections there will be a greater focus on alignment and poses will be held for a longer number of breaths, developing strength, mobility and focus.

Please follow me on Facebook Mindful Movement Yoga and on Instagram Mindful._Movement._Yoga to find out more!

Health Assessment and GDPR form must be signed
before attending