

Choose Life Yoga



Guidance for Growth

Come and experience how to feel grounded and flexible - able to flow with life and all its natural challenges, whilst also enjoying inner stillness and calm.

What is Yoga?

Yoga, an ancient Sanskrit word, meaning Union (to join) provides a means of joining the mind and the body to facilitate good health and a peaceful outlook. It is a non-religious, 5000 year old philosophy that helps you to find your own, natural, inner balance and strength. Yoga helps to calm us, energise us, and focus us, so that we may live more peacefully within ourselves and in our interactions with others.

The benefits of practicing yoga can be felt from the very first session, but accumulate the more we practice, relative to the amount of commitment we give to ourselves. They include: improved posture, strength and flexibility; relief of physical and mental tension and discomfort; feeling recharged and having a greater love of life, whilst at the same time developing an inner stillness.

Attending a yoga class gives us space in our busy lives to relax, reflect and retreat.

What can you expect from a session?

I teach primarily Hatha (pronounced Ha-ta) Yoga and classes incorporate a combination of asanas (postures), and pranayama (breathing practices), along with relaxation techniques, and a little yoga philosophy - all designed to bring flexibility and peace to the body and mind.

Classes are aimed at beginners/improvers and those experiencing fatigue.

Yoga is non-competitive, and your main focus at all times is on yourself, ensuring you feel comfortable, are not straining or in any pain - though of course a little effort is required! In time, combining this with awareness on your breath helps you progress and provides increased benefits.

Come to a class expecting to enjoy yourself, feel a sense of inner calm and greater self awareness, and to challenge yourself a little as you grow both in strength and spirit.

What do you need in order to attend a session?

- ☉ Primarily, bring an **open mind, warm heart and willingness** to stretch both your body and your mind a little each time. Good humour sometimes helps too!
- ☉ **A mat** (it may be possible to borrow a mat for your first session, although most people prefer to use their own).
- ☉ Wear **comfortable, non-restrictive clothing**, (leggings, t-shirt, no tight belts etc.) that is appropriate for attending a mixed class, and bring some socks and a light blanket to use during relaxation. Special shoes are not required as practice is mainly barefoot.

- 🕒 Please do not eat a meal for at least 3 hours before attending class. If hungry, snack on yoghurt or a piece of fruit at least 90 minutes before the class starts.
- 🕒 Arrive promptly, ready to start on time (if you are likely to arrive more than 15 minutes late for the class, please forego the session and attend a future one instead) and settle in quietly, showing due consideration for other members of the group, their space and their mats.
- 🕒 Class is a place to stretch, relax, be still and take a little time to look inside – please respect that others in the group will be doing the same and avoid unnecessary conversation or distraction.
- 🕒 Switch off mobile phones and leave possessions at the edge of the room out of the way of mats and other people.
- 🕒 Always advise me before the session starts if you are pregnant or have an injury.
- 🕒 **NB** If it is your first session, please arrive 15 minutes before the class starts in order to complete a short questionnaire to ensure that we are working safely together.

Session Information

Beginners/improvers sessions last up to 90 minutes and sessions specifically for those with ME/Chronic Fatigue last between 60 and 90 minutes depending on the group.

Your first session is at a reduced rate so that you can see if yoga is for you and whether you like my style of teaching.

Please contact me for up-to-date information regarding current venues, times, and prices as these may vary from time to time.

"You are here for a purpose. There is not a duplicate of you in the whole wide world; there never has been, there never will be. You were brought here now to fill a certain need. Take time to think that over."

Lou Austin



About me

I have been practicing yoga for over fifteen years and am qualified and insured by the British Wheel of Yoga. I have also done specific training to teach those with ME/Chronic Fatigue - these classes are suitable for wheelchair users.

I have used yoga throughout a busy and challenging life, including recovery from chronic fatigue, to help maintain balance and inner strength and to help me find peace.

It is the vast potential of yoga and its philosophy that led me to want to pass on its benefits to others. I am also a qualified Life Coach, F.E. Teacher, and offer Coaching for those with Coeliac Disease and its associated issues.

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I very much look forward to welcoming you to these sessions and sharing this part of our journey together. Please feel free to contact me with any queries you may still have and to reserve your place.