

# Yoga

**Day and Time:** Monday 7:00-8:00 (Beginners)  
Monday 8:15-9:15 (Mixed Ability)

**Duration:** 11 weeks

**Cost:** €105

**Instructors:** Aileen Gannon

## Course Description

This course serves as an introduction to yoga for anyone who has never attended a yoga class before, but we also welcome people who have practised yoga before and wish to continue their journey.

Embracing the yoga philosophy of ahimsa (non-violence), everyone works at their own pace in a non-competitive environment. The emphasis is on exploring your own range of movement.

Over the course of the 10 week term, we will explore various yoga asanas to help develop strength, flexibility and balance.

Our aim being to be able to stand stronger, walk taller and move with more ease and confidence.

There are many claims made regarding the benefits of yoga but one of my favourite definitions comes from BKS Iyengar when he says:

*“yoga allows you to rediscover a sense of wholeness in your life, where you do not feel like you are constantly trying to fit broken pieces together”*

In our class we will also place a lot of emphasis on our breathing, using yoga asanas to help create space for our breath and learning to relax in order to breathe easier. Quite simply, when we breathe better, we do everything better.

We don't practice yoga to be experts at yoga, we practice yoga to live better.

There are no special clothes needed for yoga (although there are plenty on the market!) all that is required are comfortable clothes such as leggings or tracksuit bottoms with a t-shirt and /or sweatshirt. Layers are good so that you can adjust according to temperature.

You will also need a yoga mat, these are readily available in most supermarkets (see photos opposite)

Looking forward to welcoming you to yoga class at Knocklyon. See ye on the mat.

Aileen

