

Yoga Practice

Yoga is the union of the individual soul with the universal soul and leads to a connection with all beings, nature and the universe as a whole. Yoga teaches us to be aware of our body and mind and be fully present. This is achieved through various poses, breathing and meditation. The rewards of a regular yoga practice are plenty... a strong body, inside and out; a calm mind and reduced stress; a sense of community; heightened concentration and clarity; and personal discovery.

Anyone regardless of body type or athletic ability can reap the benefits of a yoga class. Young or mature, on a mat, in a chair or a restorative class for deep relaxation – there is a yoga practice for all.

