

HATHA YOGA

STRETCH and RELAX FOR ONE HOUR

6 Week Course, Learning Safe Stretching Technique

Measure before and after to see an improvement. Course handouts.

Twice yearly course

Subject to room availability

Limited to 15 places

Booking Fee for the course £25.00

PROGRAMME

Always includes Stretching, Relaxation and one Posture

Week 1 Stretching Technique 1. Hamstrings and Lower back.

Forward Bending. Relax.

Week 2 Stretching Technique 2. Quads and Shoulders

Backward Bending. Relax.

Week 3 Stretching Technique 3. Triceps and Arm Rotation.

Arm Mobility. Relax.

Week 4 Breath Control. To calm and to Energise.

Rotation. Relax

Week 5 Breathing with Movement.

Linking breath and movement. Forward and Back. Relax

Week 6 A Movement Sequence.

Longer Relaxation.

Tutor Pam Horton. Pam has taught at the **Sands Centre, Carlisle**, for 22 years. She is on the National Governing Body Education committee of the British Wheel of Yoga. She has certificates in Sports stretch from the National Coaching Foundation and teaches stretching technique to teachers nationally.