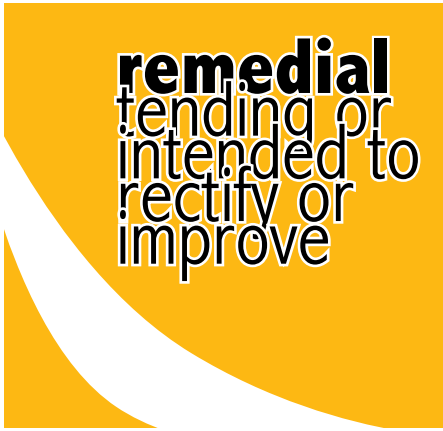


Do you have a long term medical condition or experience physical pain or stress?

Are you interested in using complementary therapies alongside your regular treatment?

If you answer yes to both these questions please consider trying these high quality remedial yoga sessions.



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jenny beeken

yoga for health

wednesdays from 22 april 2009 for 12 weeks
10.15am onwards (no class june 24)

fenwick hospital, lyndhurst, SO43 7NG
www.multimap.com has a very good direction finder



LOTTERY FUNDED



The Inner Yoga Trust

The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ
telephone 01730 261001 or visit www.inneryoga.org.uk
Registered Charity no 1068211

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Jenny Beeken

Jenny Beeken has studied and practised yoga for over 30 years. The emphasis in her teaching is on balance of the inner energies and healing oneself and others through yoga.

Jenny will be working with other fully trained yoga teachers in these classes.

Further Information

If you would like to talk to Jenny before attending these classes please call 01730 302958

Venue

Fenwick Hospital,
Lyndhurst, SO43 7NG

Yoga and Health

Yoga has been found to significantly help in many health problems especially where stress is involved or where strain is put on the body in one area. Yoga helps the whole body to work in a more efficient, balanced and relaxed way, taking strain away from stressed or inactive areas by bringing "lazy areas" to life.

The Inner Yoga Trust has been running teacher training courses for 17 years. Student teachers on these courses have monitored the health giving effects of yoga on many individuals they have taught. It is apparent from this work that regular attendance at yoga classes and a specific daily practice undertaken by an individual can bring significant health improvement in all the conditions listed below. We will be giving participants in this programme specific home practice and monitoring the effects of the yoga.

10.15 - 11.30am - back and neck ache, sciatica, whiplash, shoulder problems, knee problems, feet and leg problems, pain in hips, knees arms.

11.45 -1 pm - degenerative problems and stress related issues, such as arthritis, M.S.,M.E., Parkinson's disease, high and low blood pressure, headaches.

Costs

£7 per class

Booking form Remedial Yoga - Wednesdays from 22 April 2009
Fenwick Hospital, Lyndhurst - please send to 17 Tilmore Road, Petersfield GU32 2HJ
Name

Address

Telephone

Email

State dates and classes you plan to attend and what your health issue is.

Enclose a cheque payable to the 'Inner Yoga Trust' for amount to cover the classes.
Send an SAE if you want a receipt

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