

What's the Class Like?

It's a gentle, mindful, yoga-based exercise class to improve posture, tone and breathing, to aid relaxation and to enhance well-being.

It's aimed at 18-65 year olds, but suitable for a wider range of ages and abilities, from accompanied 10-17 year olds to fitter over-65s.

Just bring a yoga mat, a blanket/fleecy and wear loose comfortable clothes.

Chairs are available for people who may need a little help to get on or off their mat, or just some movements or to use for balance if required.

Then all you need to focus on is **your** body and mind and go with the flow.

What students say:

“This is the first class I have actually looked forward to going to, it is gentle yet energising”



Breath4Health

Movement and Mindfulness

with Michael Hutchinson



Sunday Mornings

8.30-9.30am

At The Link (TDCA)

Newchurch Road, Tadley RG26 4HN

Email: michael@twobirdsyoga.com WhatsApp: 07711941183

Breath, Mind and Stress

Breathing and state of mind are intimately connected; calming the breath directly calms the mind.

Developing a better relationship with your breath can mean that in stressful situations, your breathing can actually help you. I call this improved relationship **‘befriending the breath’**.

How Does It Work?

It can feel strange at first to simply sit and focus on your breath. An easier place to start comes from understanding that breathing is also intimately connected with posture and tone.

An improvement in one can bring about improvements in the others, as well as releasing tension and feelings of restriction.

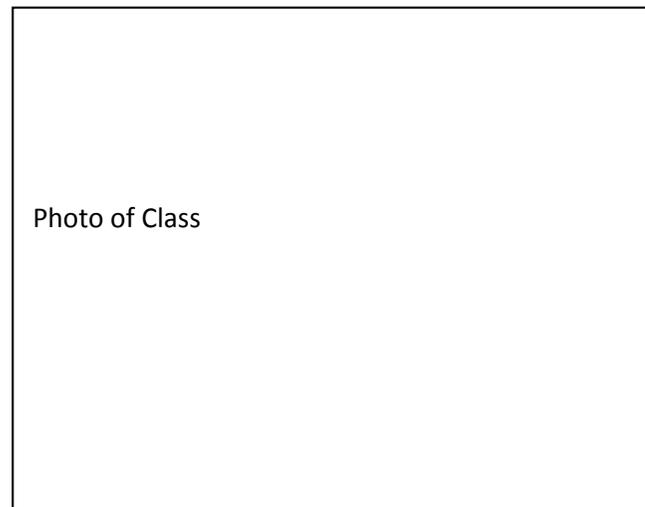
Tightness in the body and breath can come about through many kinds of stress or previous illness

It is often associated with slackness in other parts of the body.

Breathing, moving, opening and toning can correct these imbalances.

What students say:

**“This is not an exercise class to recover from,
it is a gentle form of movement and breathing
that just benefits me”**



A little about your tutor:

I first qualified as a Yoga Therapist 30 years ago, after training with a traditional school of Yoga based in Chennai, India.

As well as offering private Yoga Therapy, I also offer classes, seminars, retreats and in-service training days for other Yoga teachers. Further details at: www.twobirdsyoga.com Also, I am a CNHC-registered Yoga Therapist www.cnhc.org.uk

What students say:

**“I always sleep better on the days I have
attended Michael’s yoga class”**