

TESTIMONIALS FROM MICHAEL'S CLASS STUDENTS APRIL 2018

I come to Michael's beginners' class because it helps me to relax and de-stress. I also like that Michael helps us on an individual basis to ensure we students progress at the rate according to where we are at. Jo

I thoroughly enjoy Michael's advanced yoga class as we get to understand and really experience the postures. I like exploring the movements and using the breath to maximise the benefits of yoga. I always feel better after a class. Emma

I have attended Michael's wonderful classes over the past 5 years. Michael's classes have helped me to deepen my yoga practice, helped me to focus further on the breath and movement flow and take my practice to the next level.

Michael is a great teacher, creating a relaxed atmosphere in which to learn and practice. He encourages students to interact in class and guides us individually where needed to best suit our bodies. I always feel refreshed, open and energised after a class. Janie

I have been going to Michael's yoga classes for many years. I find them very therapeutic for both body and mind. Michael's use of breath with movement helps to de-stress the mind and loosen the body in a way nothing else does in these fast paced times.

Michael is a fantastic teacher and always observes individuals to ensure movements are carried out correctly. He is highly thought of by his many students as well as having an outstanding reputation in the yoga world. If you are looking for peace of mind and soul look no further than Two Birds Yoga with Michael. Alison

By attending Mike's classes I was hoping to ensure my limited flexibility did not get any worse - instead, over a few years, I can now easily lie in corpse pose rather than with my legs on a chair.

I appreciate Mike's personal touch together with the approach to adapt poses to achieve benefit rather than position. The emphasis on linking movement and breath has helped me and I find breathing exercises help

me everyday situations. Mike's Sanskrit chanting during relaxation transports me to another dimension! Dave H

I started going to Michael's Yoga classes about 12 years ago after I was diagnosed with osteoporosis. The literature I was given about the disease suggested I needed to do weight bearing exercises to help strengthen my bones and that Yoga was very good for this.

After I had been going for a few weeks I realised that Yoga was not only a help to my physical well-being but was also a great advantage to my emotional, mental and spiritual health. What had started out merely as a way of getting exercise was now very pleasurable, relaxing and energising.

Most of the group are many years younger than me (I am now in my late 70's) and, although I find some of the exercises challenging, Michael always adapts them to include my more limited ability so that I am able to take a full and active part in his classes. I hope to be able to continue for many years to come. Elizabeth

I first thought about doing Yoga when I was in my 20s, as its interplay between mind and body sounded interesting. Sadly, it was 40 years later before I was prompted to seek out a class by a GP who thought it would help with my breathing problems.

I am glad that I chose Mike as my teacher. He is calm and gentle and infinitely patient, and his enthusiasm for Yoga is always apparent. His experience of more than 30 years means he can, and often does, adapt his teaching to suit each individual pupil. This means he can help me make adaptations to my practice, and, more importantly, not feel stupid for needing to do so.

So, if you are someone who thinks you'd like to try yoga, but are worried you will not be able to keep up with younger/fitter people, do try one of Mike's classes. They have indeed helped with my breathing, and also with my balance and my sense of wellbeing. If I had started earlier, I would have gained so much more...but better late than never! Cath