

Yoga

Yoga takes place in the sports hall with external instructor Diana Reynolds, who is a qualified British Wheel of Yoga teacher and has been practicing yoga for over 15 years. The classes are designed to help improve strength and flexibility and to benefit from learning breathing and meditation techniques to give a fulfilling and relaxing experience. As of July 2018 the classes will be held on Tuesdays at 1:00.

Yoga is an ancient tradition for a modern world. Yoga gives us a sense of well-being so we are ready to face life's challenges. Sometimes the stresses of modern living affect our sense of inner peace and moving mindfully in yoga helps us to relax and open up the body so we feel both calm and energised.

Diana also teaches a class at Diamond on Wednesdays at 2:00 as well as local classes in Abingdon, Didcot and Wantage. Please contact Diana if you are interested in joining the classes.

