

awareness and alignment in the spine.
Fundamental alignment principles and
techniques are taught to increase mobility and
keep you safe during backbend poses.

Clear Your Head



Amanda Clarke

14 Aug 2021

Investment: €60

Discover the power of touch! Learn how to
massage the face, neck, and shoulders with
active organic herbal oils to replenish
nutrients in your complexion.

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As many of us believe that regular yoga practice can provide physical and mental health benefits.

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing. A set of specific exercises, called poses, combined with specific breathing techniques and meditation principles are the building blocks of a yoga class.

Whether you are young or old, overweight or fit, yoga has the power to calm the mind and strengthen the body.

The beauty of yoga is that you do not have to be a yogi or yogini to reap the benefits. If a pose causes pain or proves too difficult, there are variations and modifications that can be made to help students. Props like blocks, blankets and straps — even chairs — can be used to help you get the most benefit from the poses.

The most important thing to remember when starting a yoga practice (or any new health habit) is that the key to success is doing it routinely.

Yoga can improve your posture, and combined with meditation it can help you gain focus, relax and sleep better.

Studies have also shown that yoga can help:

- reduce back pain,
- strengthen bones,
- improve balance,
- reduce stress,
- relieve symptoms of depression.

Upcoming Events

Silent Yin Special



Alicia Wallace
8 May 2021
Investment: €50

In this specially designed Yin class for those who are already familiar with a yin practice you will experience a journey where silence is holding space.

Yoga Nidra Immersion



Melissa Roets
12 Jun 2021
Investment: €50

Yoga Nidra is a deeply relaxing and rejuvenating practice many health benefits. This workshop teaches you about the home within yourself and how to return to it.

Opening Your Heart



Ruth Willis
10 Jul 2021
Investment: €50

In this workshop you will learn to create space, awareness and alignment in the spine. Fundamental alignment principles and techniques are taught to increase mobility and keep you safe during backbend poses.

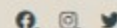
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"When mind, body and spirit are in harmony, happiness is the natural result" - Deepak Chopra

Introduction

At MBM we believe that regular yoga practice can provide physical and mental health benefits.

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Whether you are young or old, overweight or fit, yoga has the power to calm the mind and strengthen the body.

What to Expect

The beauty of yoga is that you do not have to be a yogi or yogini to reap the benefits. If a pose causes pain or proves too difficult, there are variations and modifications that can be made to help students. Props like blocks, blankets and straps — even chairs — can be used to help you get the most benefit from the poses.

The most important thing to remember when starting a yoga practice (or any new health habit) is that the key to success is doing it routinely.

Benefits

Yoga can improve your posture, and combined with meditation it can help you gain focus, relax and sleep better.

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