

# OUR YOGA CLASSES

## Find your balance

Do you want to be like the rocks in the above picture –all balanced?

Everything feels really rushed and it's very easy to get caught up in this. But, do everything you can not to. Protect your vibe and your physical space in the face of these circumstances.

## Open your heart

Learning to live with an open heart has a very real effect on how we feel, emotionally and physically. It can make us feel lighter and happier, more even and at peace.

## Clear your mind

Clearing your mind can help combat rumination and may lead to better sleep, more effective downtime after work, greater focus, and increased creativity. The practice may even be good for your relationships. So investing some time in mind-clearing

## Feel comfort with your body

Feeling comfortable, and confident, in your body is the most freeing and rewarding feeling. Time is no longer spent constantly worrying about what you eat, how you look and what to wear. If you worry about these things often, you're not alone.