

We'd love you to join us on the beautiful Swanage pier over the weekend of the 16th and 17th July when Helen and Sandra will be sharing yoga classes as part of the pier's weekend of wellness event.

The hour long and shorter taster sessions on both days will include an introduction to simple breathing techniques, some standing and seated postures and a guided relaxation.

Yoga practices are wonderful tools for developing a deeper awareness of our self and to the world around us. Over time these practices help us to find stability and ease, not just in our body, but in our mind too. This awareness informs our relationships with everything and everyone in our lives so that we are better able to respond to day to day challenges with steadiness.

Each session will start with a short guided breath awareness practice and somatic movement awareness. You will then be guided through a series of movements and asanas (postures), exploring variations to support everyone to find a way to move that feels comfortable in their own bodies. The end of each class will include a short, guided relaxation (Have a warm blanket and layers close by and any cushions or props that you would like to use). We are all beautifully unique and our practice will look and feel differently to each of us. We encourage everyone to honour their own body, exploring variations of each movement that feel supportive for you as we develop a curiosity about how it feels to move and breath with awareness. Postural Yoga practices should ultimately be steady and easeful.

These sessions are also a lovely opportunity to connect with other people in our community here in Swanage. Most importantly, you will be helping to support the fantastic work of the Swanage Pier Trust in looking after this magical place.

All levels and abilities are welcome

## **IMPORTANT INFORMATION ABOUT THE LOCATION AND WHAT TO BRING**

Booking is essential for each session due to limited numbers.

Please contact Helen ([info@yogaatthespace.com](mailto:info@yogaatthespace.com)) if you would like more information about the classes. Please note that we are not able to accommodate children at any of these sessions.

These sessions will take place outdoors, on upper deck of the pier, with the beautiful views of Swanage Bay as our backdrop. The nature of the location, however, does mean that the floor surface is not as even as an indoor floor, which you need to be mindful of (and it is not accessible to wheelchair users ) TBC?

Please dress in clothes that are comfortable to move about in. We are also exposed to the elements and hopefully will be blessed with warm sunny days, but do please come prepared with layers for extra warmth and hat / sun screen, as appropriate for the weather. Yoga is traditionally practiced barefoot so a mat is essential. If you prefer to wear suitable outdoor fitness shoes that is also OK.

**Please bring a yoga mat. We are continuing to adopt covid safe protocols and regret that we are unable to loan mats or other props for these sessions.**

**We also recommend that you bring a cushion to sit on and a blanket or shawl for the relaxation at the end.**

If the weather is too wet, and or windy, the session will be cancelled and we will let you know.

**Please inform the teacher before any session of any injuries, recent surgeries, if you are pregnant or have any medical conditions so that we can offer modifications / variations where appropriate. If you have any injuries or medical conditions, we would also recommend checking with a doctor or medical professional for their advice before attending any yoga class.**

The Pier and the teacher do not accept responsibility for lost, stolen, or damaged goods whilst on the Premises.

As a courtesy to your fellow practitioners and so that you have time to settle in and be ready, we ask that you please arrive a few minutes before the session starts. You may not be able to join the session once it has started, if this will be disruptive for everyone else.

If you feel ill or have any covid-19 like symptoms we ask that you do not attend any sessions. In the event of this happening, please cancel your space by contacting [activities@swanagepiertrust.com](mailto:activities@swanagepiertrust.com).