



Nine Springs News

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October 2010

**NINE SPRINGS
NATURAL
HEALTH CENTRE**



Also featured

**YOGA FOR
PREGNANCY
CLASSES ON
MONDAY &
WEDNESDAY**

**IYENGAR YOGA
ON FRIDAY
MORNINGS**

**AFFORDABLE
ART
EXHIBITION**

**FOR FURTHER
INFORMATION ON
ANY OF THE
ARTICLES
FEATURED PLEASE
CONTACT THE
CLINIC**

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YOGA, YOGA EVERYWHERE BUT IS IT FOR YOU?



Yoga is a household word nowadays - we see photos of beautiful people contorting themselves into incredible postures, but what is it really all about? The Sanskrit word translates as 'union' between *mind, body and spirit*. It isn't just about exercise, it is a philosophy and approach to life that encompasses meditation and breath control, even a moral code, which originated in India 5,000 years ago.

Anyone can practise yoga, regardless of age, sex or ability. But it can be baffling deciding what sort of Yoga to do. Here is a short guide to what all those words mean.

Asanas are the yoga poses. They help strengthen and tone the body, improve the flow of energy and still the mind. The asanas used in a class will vary depending on the abilities of the students. The objective is not how far you can stretch or flex your body, but to *combine stability with ease/relaxation*.

In the West, **Hatha Yoga** is the most widely taught form. It is a gentle technique and sometimes includes meditation. Some classes may be low impact while others can be very demanding

Iyengar Yoga is a form of Hatha Yoga taught by BKS Iyengar, one of the world's most renowned teachers; he has been practising and teaching it for 70 years. His technique involves pausing to hold each pose, with attention to postural correctness and alignment. Power Yoga is high impact, working at a quicker pace from one posture to another - great for those who wish to just pursue physical fitness, but we do not offer this at Nine Springs.

Most Yoga classes incorporate *breath work and meditation*. Simple breathing techniques to develop awareness and relax the breath are then developed into '**pranayama**' exercises - controlling and moving prana ('vital' / 'life force energy') through the breath. The meditation techniques will help still the mind by focussing your awareness on a single object - movement of the breath, an image or candle, sound or chant.

All Yoga forms offer a holistic approach to body, mind and spirit, helping to provide us with the 'tools' to cope with the challenges of daily life. It can also complement medical science and therapy for specific conditions, such as MS or ME or cancer.

You may be drawn to yoga simply for health and fitness, as relief for a specific physical condition, to help manage stress, for pregnancy or for the less able-bodied. Whatever your objectives, there is a selection of yoga classes here that can meet them, including prenatal yoga and seated yoga (*see our programme overleaf*). Try one out and see if it suits you. Always advise the teacher of any medical conditions you have before you start a class.

Autumn is a great time to take 'self improvement' in hand. By making yoga a part of your daily or weekly routine, you should expect to initially feel the physical changes. Subsequently you may become aware of subtle changes in your approach to life—to still the restless mind and de-stress

Jane Robinson BAc MBAC

YOGA IN PREGNANCY

Mondays from 6-7.15pm & Wednesdays from 12—1.15pm

This is a new class which is being run by Ursula Dunne who wants to help pregnant women prepare for a good birth experience. Ursula says "I am really excited to offer these classes to women who feel drawn to practise Yoga during their pregnancy as I feel it can provide very useful skills which may help during pregnancy, labour & afterwards."

This class offers tools for releasing tensions, for quietening the mind and initiating deep relaxation. Breath awareness & useful breathing practices are taught too but perhaps most important, pre-birth, is the focus on the mum's ability to be really aware of her body, to listen to it, to trust it and to follow her instincts. Call Ursula on 01458 851699 or e-mail chris-ursula@talktalk.net for more information.

NEW IYENGAR YOGA CLASS STARTS

FRIDAY 1ST OCTOBER at 9.15am

Nine Springs is delighted to welcome Hannah Lovegrove who is running Iyengar Yoga classes in the Studio on a Friday morning from October 1st.

An excellent way to begin your week-end – come along to a session to get your Friday off to a good start.

She has been running Yoga classes for some time in an established practice in Lyme Regis. Hannah's classes are suitable for beginners, both men and women, covering all the basic yoga poses with a relaxation at the end.

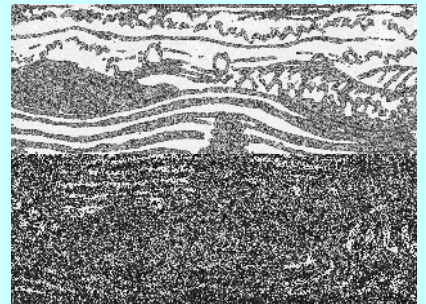
For more information check out her website www.hannahlovegrove.com



NEW ART EXHIBITION—Affordable Art

The new exhibition has recently been put up and we have gathered work by a number of artists—Anne Whitehead, Lyn Sutterby, Judy Tinsley, Jackie Cundall, Maurice Fawcett, Siobhan Bell & Mollie Slee.

Do come in and look around as there is a real variety of work—from mirrors made from driftwood, linocuts, small sculptures, intricate photographs and stitched collages. Prices start from £17.



NEW AUTUMN WEEKLY PROGRAMME

We have a very exciting and busy programme of weekly courses for the new term. You will see that we have added a number of new ventures as well as old favourites. Do contact the course provider who can give you more details or check information on our website.

MONDAY

9.30am -10.30am	TAI CHI FOR SENIORS	Richard Bertschinger	01935 824275
10.15am-11.15am	CHAIR YOGA	Ursula Dunne	01458 851699
11.30am-1pm	YOGA	Ursula Dunne	01458 851699
6-7.15pm	YOGA FOR PREGNANCY	Ursula Dunne	01458 851699
7pm -9pm	DRUMMING	Sharon Stone	07966 613724

TUESDAY

9.30am – 10.30am	PILATES – INTERMEDIATE	Sue Durant	07511 642656
10.45am -11.45am	PILATES – BEGINNERS	Sue Durant	07511 642656
7pm-8.30pm	HATHA YOGA	Louise Byford	07958 780245

WEDNESDAY

12am—1.15pm	YOGA FOR PREGNANCY	Ursula Dunne	01458 851699
5pm-6pm	PILATES	Sue Durant	01963 34634
6pm-7pm	PILATES	Sue Durant	01963 34634

THURSDAY

7pm-8pm	MEDITATION & STRESS MANAGEMENT	Marilyn Upton	07785 181991
7pm-8.30pm	HATHA YOGA	Louise Byford	07958 780245

FRIDAY

9.15-10.45am	IYENGAR YOGA	Hannah Lovegrove	07971 434336
11.15am-12.15pm	TAI CHI	Zabeth Macfarlane	07747 616166
12.45pm-1.45pm	QI GONG	Jane Robinson	01935 42228
6pm-7.30pm	YOGA	Zabeth Macfarlane	07747 616166