

**Classes and Activities – Information Sheet**

**Align and Flow Yoga – SPR2019**

**Category:**  Adult (18+ years)

**Dates: Drop in:** Sat 12 Jan

**Course:** Sat 19 Jan – 6 Apr

**Time:** 10am – 11.15am

**Location:**  Norden Farm Centre for the Arts

**Tutor:**   Deborah Le Vene-Page

**Class Size:**  Up to 20 people (15 in Nordens)

**Cost of class:** £9 per class | £96 per 12-week term

**Information about the class:**

Classes usually commence with quieting the mind, using breathing techniques to centre and ground. Slowly warming up the body with some stretches and then progressing to a fun, more challenging flow of postures - with a precise alignment focus that links with the breath and the philosophy of yoga interweaved throughout the class. Each session concludes with relaxation.

Deborah’s classes are friendly and inspiring. She enjoys helping others to realise the benefits of yoga and aims to guide her students to find freedom and strength in the body with a sense of peace, harmony and joy.

**Are there any other costs? Is there anything I need to bring?**

**Equipment:**

Please bring with you:

* A yoga mat
* A blanket (optional)

**Clothing:** It is recommended to wear layered clothing such as leggings, t-shirts and tracksuits.

**Tutor biography:**

Deborah Le Vene-Page originally trained as a professional dancer and evolved from dance to yoga when she discovered its calm and centring influence. Originally qualifying as a yoga teacher in 2005 with a FRYOG Dip. Deborah is particularly influenced by the sophisticated alignment principles and heart orientated philosophy of Anusara Yoga. She completed a further 200 hours teaching qualification in this system in 2013. She continues her studies of Yoga with many senior international teachers.

**To book please contact: Box Office 01628 788997 /** [**www.nordenfarm.org**](http://www.nordenfarm.org/)

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