

Classes and Activities – Information Sheet

Align and Flow Yoga – SPR2020

Category:	Adult (18+ years)
Day:	Saturdays
Dates:	Course: 11 Jan – 28 Mar Drop ins: 4, 18, 25 April
Time:	10am – 11.15am
Location:	Norden Farm Centre for the Arts
Tutor:	Deborah Le Vene-Page
Class Size:	Up to 20 in the Studio, 25 in the Courtyard Theatre
Cost of class:	£10 per class £96 per 12 week term

Information about the class:

Each week there will be a different theme. Classes usually commence with quieting the mind, using breathing techniques to centre and ground. Slowly warming up the body, 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.

Aims and objectives:

Improved posture will occur through a precise alignment focus. The student will also develop more strength and flexibility in the body and a calm sense of being from stilling the mind and balancing out the nervous system.

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 advanced modules in Yoga with many senior international teachers.

To book please contact: Box Office 01628 788997 / www.nordenfarm.org

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