

CLASS TIMES

Mondays

Brighouse Sports Club

9:30am - 11:00am
11:15am - 12:30pm
6:00pm - 7:15pm
7:30pm - 9:00pm

Tuesdays

Wooldale Methodist Free Church

10:00am - 11:30am

HD1 Dance

6:00pm - 7:15pm
7:30pm - 9:00pm

Wednesdays

HD1 Dance

10:30am - 12:00pm

Thursdays

Neiley Pavilion, Honley

9:30am - 11:00am

The Nerve Centre,

Class for people with M.E.
2:00pm - 3:30pm

As some venues have limited space available please phone to ensure there is a place and to check the dates.

THE VENUES

BRIGHOUSE SPORTS CLUB:

Russell Way, Bradford Road,
Brighouse. HD6 4LX

WOOLDALE METHODIST FREE CHURCH:

Robert Lane, Wooldale, Holmfirth.
HD9 1XZ

HD1 DANCE

1st Floor, 5 St John's Rd, Huddersfield
HD1 5AY

NEILEY PAVILION: New Mill Road,
Honley, Holmfirth. HD9 6QT

THE NERVE CENTRE: 2nd Floor,
Standard House, Half Moon Street,
Huddersfield. HD1 2JF

CONTACT DETAILS

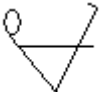

Stella Jones

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 **YOGA** 

CLASSES



with



Stella Jones

British Wheel of Yoga Teacher



Daytime Classes **Evening Classes**

Brighouse

Brighouse

Wooldale

Huddersfield

Honley

STELLA JONES

I hold a British Wheel of Yoga Teacher's diploma and have been teaching yoga since 1998. I am a full time self-employed yoga teacher.

I have taught many classes, ranging from large mixed ability classes to small classes for disabled people.

For a number of years I taught classes for Huddersfield Technical College's Adult Education Programme. I hold an Open University honours degree in Mathematics and Computing and also a PGCE.

LESSON FORMAT

- Centring / unwinding
- Limbering exercises/ stretches
- Yoga postures
- Breathing
- Deep relaxation

ITEMS REQUIRED

- Non-slip yoga mat – (I have a few mats available)
- Blanket, car rug or sleeping bag. (for relaxation)
- Loose comfortable clothing.
- Warm clothing. e.g. socks, jumper (for relaxation)

OPTIONAL ITEMS

- Yoga belt / blocks
- Water to drink.

WHAT IS YOGA?

The word yoga literally means yoke or join together. For us this is the harmonisation of the mind and the body. Yoga practice should make you feel both relaxed and energised. The yoga practised is a gentle form Hatha yoga. Hatha yoga consists of postures (asanas), breathing practices (pranayama), cleansing practices (kriyas) and relaxation.

HOME PRACTICE

Practising the postures and breathing at home, whilst not essential, will aid your progression and bring physical and mental benefits. Even 10 minutes a day will be beneficial. The ideal time to practice is first thing in the morning before breakfast. It is advisable to have a rest at the end of even the shortest practice.

YOGA DIET

Many people associate yoga with a strictly vegetarian diet, whilst this is preferable for the serious yoga student it is not essential. Food is one of the main sources of energy for the body and should be of good quality i.e. eating fresh food wherever possible. Food is best eaten with awareness, i.e. chewed thoroughly to ensure that the maximum nutrients are available to the body. Food should be eaten to satisfy hunger.

YOGA TIPS

Before the class

- Do not eat within 1½ hours before the start of the class.
- Wear comfortable stretch clothing.
- Avoid wearing jewellery, it can be dangerous.

During the class

- Listen to your body, concentrating totally on your yoga practice.
- Release any posture if you experience any discomfort.
- Try not to compare yourself to others in the class - we are all unique.
- Breathe through your nose. (Unless asked to do otherwise)
- Remember to breathe when performing asanas (postures).
- Practice all standing postures with bare feet.
- Drink plenty of water the day after the class to help prevent muscle aches and pains.
- Relax and enjoy yourself.

