

## CLASS TIMES

### Mondays

Brighthouse Sports Club  
9:30am - 11:00am  
5:30pm - 7:00pm  
7:30pm - 9:00pm

### Tuesdays

Wooldale Methodist Free Church  
9:30am - 11:00am  
11:30am - 1:00pm

Kane Academy, Lockwood Scar  
6:30pm - 8:00pm

### Thursdays

Neiley Pavilion, Honley  
9:30am - 11:00am

Kane Academy, Lockwood Scar  
5.45pm - 7.00pm

Kirkheaton Primary School  
7:45pm - 9:15pm

### Fridays

The Nerve Centre, Huddersfield Town  
Centre, class for people with M.E.  
10:45am - 12:15pm

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,  
Brighthouse. HD6 4LX

### WOOLDALE METHODIST FREE CHURCH:

Robert Lane, Wooldale, Holmfirth.  
HD9 1XZ

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

**KANE ACADEMY:** 1st Floor ,  
above unit 3A, Perseverance Mills,  
Lockwood Scar, HUDDERSFIELD  
HD4 6BW

**KIRKHEATON PRIMARY SCHOOL:**  
New Road, Kirkheaton, Huddersfield.  
HD5 0HR

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

## CONTACT DETAILS


### Stella Jones

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Woodhouse Lane,  
BRIGHOUSE  
HD6 3TP

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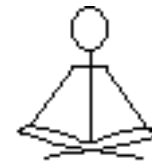
 **YOGA** 

# CLASSES

 with 

# Stella Jones

British Wheel of Yoga Teacher



**Daytime**      **Evening**

**Classes**      **Classes**

Brighthouse      Brighthouse

Wooldale      Huddersfield

Honley      Kirkheaton

## 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 in most yoga classes is predominantly Hatha yoga which is a physical yoga and has the perfection of the body as its aim. Hatha yoga consists of postures (asanas), breathing practices (pranayama), cleansing practices (kryias) 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.

