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## No rushing off after your yoga unless you have to...

Yoga encourages a friendly approach to all those we meet. The Upper Hall at the Methodist Church is booked for 1.5 hours and has a kitchen which we use. You might welcome the opportunity given to have a cuppa and a chat with other group members after the hour's exercise and relaxation session.



*"I look forward to every session and find the atmosphere non-threatening and totally enjoyable and relaxing."*

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## Want to know more or give it a try?

If you would like to join the group, or are not sure but would like a taster session, please contact the Groups' Coordinator, Doreen.

If you would like any more information about the exercise and relaxation yoga sessions and how they can benefit you, Doreen can put you in contact with Anita.

Many thanks to the existing members of the group who have allowed us to use their feedback and photos of them to promote what the Group does.



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## Witney U3A Exercise and Relaxation Yoga

with Anita  
Friday 10am and 11.30am  
Upper Hall  
Methodist Church  
Witney



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Hello - I'm Anita.

I'm delighted to be a tutor member of Witney U3A - in my third age too - and lead two Exercise and Relaxation Yoga groups on a Friday morning. This wouldn't have happened without there being U3A members who wanted to give Yoga a try (again for some) and those who continue to attend. I am grateful to you all.

I am a British Wheel of Yoga Student Teacher - qualified to teach, but still learning.

I'm really keen to share with the Group the benefits of Hatha Yoga. They include helping to: generate energy and vitality; relax and and restore; address stiffness and tension; improve posture and balance; and enhance physical flexibility and mobility. It can also help improve breathing and reduce stress. Practised mindfully, yoga is suitable for all levels of fitness and ability because there is such variety in what can be done.



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## We do a variety of warm up exercises and poses, breathing and relaxation exercises - many of which you can practice at home.



Group Members bring their own mats, cushions/blocks, blankets/extra layers, and straps as needed.

*"I feel re-energized yet internally relaxed at the end of the sessions and this lasts well into the day. It is also something I can now tap into at home."*

*"I have enjoyed the breathing exercises "as it is something we never do on our own, and it is good to remind ourselves of how to" and benefitted from them " at times of stress and heavy thinking", and "before I go to sleep at night".*



*"I have found the level appropriate for my ability and your teaching has enabled me to understand how I can improve and progress."*

*"I think you have pitched the classes exactly right and I am sure that all of the class members are enjoying it as much as I am."*