



29 January 2008

tr yoga newsletter!

Dear tr students,

January is almost over and I hope you are still committed to your New Years' resolutions! Perhaps tr yoga can inspire you to improve your overall wellbeing with the practice of yoga

Why is Yoga For Everyone?

Yoga can play an important part in everyone's life; it is a great exercise system that promotes health and wellbeing and complements other forms of physical exercise. Main benefits include:

- Weight Loss (400-600Kcal/1 yoga class)
- Tones muscles and body
- Improves strength and Flexibility
- Induces sweat and detoxifying body
- Clear mind

Hot Yoga Workshop Saturday 15 March

Join me for a 4.5h informative, insightful and fun hot yoga morning:

- explore the hot yoga postures in detail
- receive personal adjustments
- opportunity win a free hot yoga class
- practice what you've learnt: 90 min Hot Yoga class
- Slow down and relax with Yin Yoga

Spaces are limited, so sign up before 1 March to reserve your spot

Saturday Hot Yoga

Due to demand, tr yoga will offer one Saturday class per month

- First one scheduled Saturday 16 February 9.30-11.00. Early sign up recommended.

'Hot Pose'

Starting in February, in each hot yoga class I will drill-down on a specific pose and give you information and insights on technique, alignment and benefits.

- Thursday 7 February 'hot pose': Pranayama Breathing. Start thinking about some questions you have about this posture!!

Hot Yoga Class Schedule

All classes are scheduled as normal except:

- Saturday 16 February : hot yoga class 9.30-11.00
- Friday 22 February: only 9.00-10.30 Hot Yoga class

Hot Yoga Special Classes

tr yoga hot yoga classes are also available for teambuilding events, corporate classes (lunch time) and hot yoga parties

I look forward to seeing you in a tr yoga class soon!

Tessa Rohrig