

## But what is it actually like?

Really is first class and very professional.  
L B Marketing Director

Extremely useful, well taught and I  
thoroughly enjoy them.  
C W Clinical specialist Physio

Hugh's class is fantastic. I look forward to it  
all week! Hugh is the perfect example of  
teaching by demonstrating. He's inspiring.  
F R Public Relations

Certainly the best and most satisfying  
yoga classes I have ever attended.  
JB Professional Potter

### See for yourself:

How your mind can limit your true  
potential and releasing from this helps you  
to be the very best you can be each day.

### Costs:

£40 for 5 classes, £9.50 drop in

Concessions £30 / £7

## Hugh Poulton

E-RYT

I have practised yoga and meditation since  
1981, taught by world class practitioners in Asia  
and Europe. I continue to study, and began  
teaching in 1995.

I teach yoga in companies, health clubs,  
institutions (NHS, Police, Prison Service) and in  
the community. I also teach privately on a  
one to one basis as well as a mentor for  
trainee yoga teachers.

I am a Mindfulness based Cognitive Therapy  
(MBCT) teacher for the Oxon and Bucks  
Mental health trust.

### Contact details:

Call Hugh: 01869 340335  
email: [hugh@yogaunlimited.co.uk](mailto:hugh@yogaunlimited.co.uk)  
for testimonials and more about Ashtanga  
yoga see [www.yogaunlimited.co.uk](http://www.yogaunlimited.co.uk)

**Local classes:** Chipping Norton Leisure Centre  
Weds 9.30 – 11.00am  
Membership not required call 01608 645154

Middle Barton Alice Marshall Hall  
(20 mins from Banbury) Weds 7.30 – 9.30pm  
call 01869 340335 £8.50 - £10.50

Other classes in North Oxon or private one to  
one classes from £50 call 01869 340335 or see  
[www.yogaunlimited.co.uk](http://www.yogaunlimited.co.uk)

# Ashtanga Yoga and Mindfulness

with

Hugh Poulton

E-RYT

at

The Mill  
Banbury

Thurs 7.30 -9pm

'...fantastic...perfect...inspiring'



**01869 340335**

## What's in each class ?

A dynamic sequence that thoroughly exercises both your body and mind. Made up of a balance of moves that build strength, fitness and flexibility along with breath work and meditation to help develop body awareness, increase stamina and reduce stress and anxiety.

Suitable for all those who take exercise on a regular basis

A typical class will have:

- Breathing and detoxifying exercises
    - Standing postures
  - Sitting postures including backbends (with easy options for beginners)
    - Inverted postures (with easy options for beginners)
- Relaxation and meditation

## Isn't Ashtanga really fast and difficult ?

I teach ages ranging from 10 – 55+ and specialise in having a range of abilities and ages in my classes. Suitable for all those who take exercise on a regular basis

## Yoga doesn't keep you fit, does it ?

Yes, with Ashtanga yoga you build strength, stamina and flexibility, thoroughly exercising the muscles and joints of your body.

## What do I need?

Just dress in clothes that allow complete freedom of movement. The practice is barefoot. For first time visitors mats can be provided.

## Benefits of Ashtanga Yoga

Students report Ashtanga yoga supports them in:

Relieving back pain and pain generally

Reducing tension and headaches

Improve sleep

Achieving work life balance

Managing crises and stress

Returning to post natal fitness

Increasing self esteem

Reducing high blood pressure and relieving asthma

Building energy, stamina and all round fitness

Support life long learning  
See [www.yogaunlimited](http://www.yogaunlimited.com) for testimonials