

About to :

Blow your top?

..... use your breath instead !

How to create space to be relaxed, fit, flexible,
creative and full of quiet energy.

All this, at work and for FREE

Join us in 6 sessions of workplace yoga
run by Yogaunlimited.

To learn more ask _____ .

Visit www.yogaunlimited.co.uk and get 8 great
exercises to do at your desk or anywhere else.

"I didn't realise you could feel so relaxed just by doing a few stretches and concentrating on your breathing a little more"

C.H. Export Sales Co-ordinator Barry Callebaut (UK) Ltd

Same old job

..... same old people
..... same old thoughts
..... same old
body !

Amaze yourself and be amazed.

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Worrier most of the Time?

try a warrior some of the time !

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Enabled me to control stress more effectively. I feel generally calmer and more relaxed. I also
feel much fitter, revitalised.

Jan Kelly 36-45 Teacher .

Square Peg in a Round Hole?

..... be a triangle!

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Great! Good for flexibility and joints. Good for relaxation and lowering stress. Makes me very
body aware. Really is first class and very professional.

Lesley Buckeridge 36-45 Director Fishawack Comminucations

Chasing your tail?

stand on your head instead !

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Feeling fit?

..... but are you flexible?

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Up to your neck?

.... better to be head to toes!

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Work / Life balance?

start with a one leg balance !

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Yoga has created a balance in a busy lifestyle. I come to the class often feeling too tired to get myself there. I leave feeling an inner peace, relaxed yet energised, I sleep well too.

DT Advisory Teacher 56-64

Someone moved your cheese?

..... bring a cat to work!

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I have always had tension in my shoulders which has now gone. I feel more relaxed and flexible throughout my body. I find the classes very relaxing and look forward to them.

Steve Morrison 46-55 Police Officer

Pain in the

..... be a cobra and bite back!

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I feel more toned and less flabby – it is very good at strengthening arms in particular. Considerable improvement to RSI problems with neck and left shoulder. Better posture and a stronger back.

Helen Rappaport 46-55 Freelance writer and translator

Got the Hump?

..... just be a Camel !

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I am more aware of my breathing and tension in my neck and shoulders during my normal day. I am now allowing myself to relax more. I also think yoga has a calming influence on me.
Vicky Broadley 26-35 Research Scientist, Sharp