

OLD TOWN YOGA

AN OLD TOWN GIRL TEACHING OLD TOWN YOGA

Hello all!

Welcome to newsletter numero tres! I wanted to begin by thanking you for your interest in my Friday class at the Wellington Centre (Fridays 5:15-6:15pm). I'm so glad the timing suits you guys and am loving the new room and how much you guys seem to love it, so much so that there will be a *NEW CANDLELIT CLASS* there on Wednesdays at 6:45-7:45pm starting at the beginning of January (woo yay).

Anyway, I didn't know whether to write this bit or not, but I had a bit of a moment the other day when I got back from a day of teaching; I thought about how yoga isn't everyone's 'cuppa tea' (as tea isn't everyone's 'cuppa tea') but I really think the beauty of yoga is, that as long as you have a body and can breath, yoga was quite literally made for you.

Since I began my practice, I can't describe how much my outlook and approach to even the smallest every day things has changed, we are all human and all have our wee problems and troubles but I've personally found yoga to be the most peaceful and useful ways of finding individual ways of dealing with them (as well as getting in the best physically and mental shape of your life!) Everyone's journey/progression/direction or whatever you want to call it is so different, so I think you should just ride that wave (of life and yoga) and smile as much as you can!

Anyhow, back to the information malarkey, just a little reminder/update that the Monday evening (Old Town Studio, 7-8pm) and Friday evening (Wellington Centre, 5:15-6:15pm) classes are now prebook only due to the slight increase in numbers. I've always got an open door but taking on board some of your feedback, and to make sure you are all comfortable-so you can stretch out to your hearts content, this makes more sense. So just let me know if you want to come along by dropping me a text, call or email (also sending a carrier pigeon may work).

I'd like to thank everyone for coming along to the indoor pier classes (Monday and Fridays at 10:30-11:30am) I am so pleased with the room and the stunning sea views that I was afraid would be lost when we went inside, but it's just like being outside, without the wind and rain battering us (double woo yay). Both pier classes are very low in numbers, so if you fancy it please do come along (and you might even be featured on the BBC haha!)

In regards to the BBC, one of the morning outdoor classes was featured on the BBC News at 10, as part of the feature on the Pier winning the amazing Sterling Architect Prize for 2017! So if you have BBC iPlayer you can see us on the Tuesday 31st Oct 31 at exactly 31:32!!) Please see my agent for autographs or media enquires HAHAHAAAAAAAA, so bloody hilarious and weird.

Anyway, I recently took part in a beautiful wedding fair at St Mary's in the Castle, organised by the gorgeous old towner Tara Deighton (designer) and Georgina Piper (Photographer), it was fun and cool to think up packages and ways in which yoga can help people in this hectic and transitional stage in their lives. So if you know of anyone getting hitched that needs to calm the heck down, or wants an alternative hen party, please just holla at me!

My t-shirts (tote bags coming soon!) were available there and are anytime, 10% of the price going towards the amazing Alzheimer's Society, so please do just let me know if you'd like one of them! (Tshirts are £16.00 and Bags £10.00).

Finally I just wanted to confirm that private one-to-one classes are available again, after a crazy amount of building work my studio is back to being ship-shape, so please just contact me anytime, any day if you fancy a session! (£25 for 70 mins, all equipment provided, in any location of your choice).

To round-off my jabbering, I would like to send you billions of huge hugs and love, and once again am still to this day baffled and honoured at how amazing you guys are supporting me and my little dream!

YOU ALL RULE!!

Hope you all are good and would love to hear from you anytime, anywhere! Always love a good message,

Hannah x

