

HATHA YOGA WITH IVA

Tuesday Mornings 9.15 - 11.00



CALM YOUR MIND
ENERGISE YOUR BODY
OPEN YOUR HEART



Yoga is life-changing.

Practice can transform not only your physical, but emotional and mental health.

The mat is your platform....your platform for change, growth, inspiration and peace.



What to bring to our yoga class?

Comfortable yoga wear.

Your own mat.

There is something to be said about a bond you form with your very own mat.

A water bottle.

An open mind.

Last but not least and perhaps the most essential of all... the open mind is integral to approaching this practice for the first time. Without an open mind, we can be quick to judge the experience we are having.

Remind yourself that all you really need is the willingness to be with yourself in breath and body.

The end result is a clearer and more grounded, present mindset, which is exactly that post-yoga bliss that keeps us coming back for more. We don't practice yoga just to get good at yoga : we practice to become the best versions of ourselves for ourselves we can possibly be.



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