

# Ladies Yoga in Oare

Unite your body and mind, find calm, clarity and confidence in your daily life.

You may have heard of yoga but do you know just how beneficial it is to practice this ancient form of exercise on a regular basis? Yoga is a group of physical, mental and spiritual practices which originated in ancient India, and the word means unite. By uniting the breath with movement, this helps you to become more present and relaxed. Through movement and breathing exercises Yoga helps to develop physical flexibility, mental calm and body strength.

My name is Mark Woolfenden and I teach Hatha Yoga. My Yoga journey was borne out of a need to improve my physical wellbeing. Working many years as an HGV driver I spent many hours in the same position every day, leaving me with aches, pains and fatigue. I decided to try a local Yoga class and have never looked back. Practicing Yoga regularly eased away aches and pains, helping me to develop a calmer and more positive outlook.

This Yoga class is aimed at Ladies' health :

- Pelvic floor
- Digestion
- Improved balance to gain symmetry and better control of the body
- Improve posture
- Stretch and strengthen the back, knees, arms, thighs and core stomach muscles
- Blood flow, and pressure
- Alleviate depression, insomnia, physical and mental fatigue
- Stimulate the liver, spleen and kidneys
- Arthritis of the joints
- Improve stamina
- Urinary disorders
- Obesity
- Alleviate respiratory disorders
- Migraine and poor memory
- Diabetes and thyroid disorders
- Relief for sciatica, lower and upper back pain
- Toning the heart and abdominal organs

...to name just a few.

If there are any issues that you are suffering with I have not mentioned, then please get in contact with me. If you have none of the above, then simply come along and strengthen the body for the future years.

Mondays 5.45pm-7.15pm

**Advanced payment secures you a place £46.50 / month or £12.00 drop-in price**  
**BACS payment details**  
**Barclays account 93925579 20-25-95**

**Contact Mark on 07525 623633 or [mark.woolfenden@btinternet.com](mailto:mark.woolfenden@btinternet.com)**  
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