

18 February 2010

Dear Yogis and Yoginis,

When I started writing these lines at the beginning of the week, the sun was out, the temperature felt somewhat milder, the air even had a slightly different feel and smell to it, and recently whilst walking my dog, I have noticed how nature is slowly emerging from its winter sleep to the very first, tender signs of Spring. - Today however, just as I am about to press the "Send" button for this Mail, we are back to snow and sleet!!

Nevertheless, I still feel we are at last leaving those long, dark days behind us and it won't be very long now until we will be able to immerse ourselves in the uplifting and energizing season of Spring. On that note please see below the Spring Term class dates, so you can put them into your diaries and make that commitment to continue maintaining and improving your health and emotional well being with Yoga firmly embedded in your lives. ☺

If you or a friend/work colleague have been thinking of trying out Yoga for a while, but somehow have just never got around to it, now is a wonderful time to start up something new, to be creative, to discover and to firmly plant those seeds of intentions which we have been harbouring and reflecting upon during the winter months.

And if you would like to give Yoga a try but feel a bit shy about joining a class....please don't worry. I always aim to make everyone welcome no matter what your ability or level of fitness and health is. As Rumi said "Come out of the circle of time, and into the circle of love" and remember that Yoga is not all about flexibility as "the journey is more important than the destination" ....as I am often heard to say whilst teaching a forward bend (reaching for those sometimes elusive toes) !!! ☺

And if a larger class situation is not what you are after, I also teach privately on a one to one basis or alternatively you may want to find another friend or two or even more to join... (either in your home or I have a space which can accommodate 5 -7 people).

Whatever way you choose, I look forward to sharing that space with you soon.

*"Breathe, Move - and Be in Yoga"*

Wishing you all sunshine in your heart,

Namaste

Pascale x

### Yoga open class times:

Sunday Yoga on Sunday 7<sup>th</sup> March 2010, 10 am – 11.30 am at Breathe Studios, Cheltenham. £10 drop-in

[www.breathestudios.co.uk](http://www.breathestudios.co.uk)

*Mondays 9.45 – 11 am. Currently no spaces left. – please register interest if similar class would be of interest for another day.*

Mondays 6.30 – 7.45 pm, at Breathe Studios, Sherborne Place, Cheltenham  
22<sup>nd</sup> Feb – 26 April 2010 (no class Mon 5 April), 9 weeks, £81 or £10 drop-in.

For more information: [www.breathestudios.co.uk](http://www.breathestudios.co.uk)

Wednesdays 12.15 pm – 1pm and Wednesdays 1.15 pm – 2pm, Bayshill Unitarian Church Hall, Royal Well Lane (nr Central Bus Station)  
Wed 24 Feb – Wed 28 April 2010 (no class Wed 7 Apr), 9 weeks, £40.50 or £6 drop-in. (Kraft and Vertex employees receive special discounts)  
[Pascale@yoga-cheltenham.co.uk](mailto:Pascale@yoga-cheltenham.co.uk)

[www.yoga-cheltenham.co.uk](http://www.yoga-cheltenham.co.uk)