

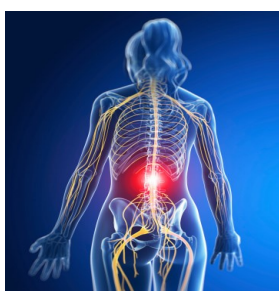
# COURSES



**Yoga - Somatics - Pilates - Wellbeing**

**Autumn/Winter 2015**

## Back Care For Life



**6 x 60 minute classes, 9th September - 14th October 2015  
Wednesdays, Charnwood College, £40 for the course**

You will learn to loosen tight muscles, mobilise stiff joints, strengthen the core and weak muscle groups, and improve your posture.

You will move with more efficiency so that daily repetitive movements and stresses are less likely to pull you out of alignment. And for those times when they do - you will be equipped with the resources and tools to get yourself back on track!

*"Highly recommend that you try a workshop or class if you have a particular problem or just want to understand how your body moves and how to care for it! ."*

## Be more flexible



**4 x 60 minute classes, Starts 9th November, 2015  
Wednesdays, Charnwood College, £26 for the course**

Do you feel that your have lost flexibility over the years? Is your back in spasm? Do you constantly feel tight and in need of a good stretch? Are you desk-bound? Are you an athlete with tight calves and hamstrings?

In this progressive 4 week course, you will learn easy and ultra-effective neuro-muscular release techniques that will give you new movement possibilities. No straining, no pain - who knew that becoming flexible could be so enjoyable!

*"Clear, concise instruction, supported with invaluable written/visual material to assist practice at home."*

## Develop a Home Yoga Practice



**6 x 60 minute classes, Jan/Feb 2016 date tbc  
Wednesdays, Charnwood College, £40 for the course**

Doing Yoga on a regular basis keeps you energised, calm, flexible and strong. However, it can be difficult to get to a class regularly.

In this course you will thoroughly learn invigorating and powerful yoga postures, put them into a sequence and add breathwork and autonomic relaxation. You will also learn how to easily, efficiently and enjoyably prepare your body to move each day.

*"Informative, enlightening, exciting, refreshing."*



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