

Welcome to Blissed-out Yoga

A space to make you feel whole again.

As we settle into Autumn and Winter it is so important to maintain our fitness levels for our health and well being. If you feel fit and strong you can face whatever life throws your way. In addition, with a yoga practice, we practice positivity and emanating love, which in turn tunes you into a more groovy life vibration.

This next block is 7 weeks:

Mondays 9am 3rd Nov, 10, 17th, 24th, Dec 1st, 8th, 15th

Tuesdays 6pm 4th Nov, 11th, 18th, 25th, Dec 2nd, 9th, 16th.

Tuesdays 9am Vinyasa Flow

Tuesdays 7pm Zumba

Fridays 9am 7th Nov, 14th, 21st, 28th, Dec. 5th, 12th, 19th

Saturdays 9am 8th Nov, 15th, 22nd, 29th, Dec 6th, 13th, 20th

Sign up now!

Aerial Yoga 7 week block = £90 Drop in £15 - **10% off when you book with a friend!**

Vinyasa Flow Yoga 7 week block = £56. (£49 if you book another block of classes). Drop in £10

Zumba 7 week block = £56 (£49 if you book another block of classes). Drop in £10

HOW TO PAY: Please pay by Bacs to secure your space: E Maxwell - s/c:070246 acc: 00905626 -

** Please put your name as reference and send a screenshot as receipt.**

Drop in prices are available at a slightly higher rate. For Aerial Yoga, those with experience may take this

option if they cannot come to a full block. Please enquire.



AERIAL YOGA - Mondays, Fridays, Saturdays 9am. Tuesdays 6pm

My super-popular aerial yoga, is exercise in disguise for fairies in training! If you have some level of fitness and were the type of child who loved the climbing frame or swing in the garden, this could be the class for you. Aerial yoga is wonderful for increasing strength and flexibility throughout the whole body.

Check out my class trailer on Youtube: <https://www.youtube.com/watch?v=8tsrOJFt5kY>

VINYASA YOGA - Tuesdays 9am

Make friends with yourself on the mat and experience your body in 360 on the floor, increase core strength, flexibility and overall strength. Yoga approaches spirituality from the outside in. Each class has a traditional structure, which gives you experiences in breath work, postures and transitions, somatic movement, relaxation and meditation. I've been teaching Yoga since 2008 and practicing since the age of 22, it forms the foundation of my life and I am looking forward to bringing my fun Yoga floor classes back! Benefits include: Oxytocin

ZUMBA - Tuesdays 7pm

Dance has always been a passion of mine and when I realised we don't have much Zumba around, I thought I would give it a try and I love it!! So, get your groove on, dance away your worries and feel uplifted with the glorious fun of Zumba. Simple South American steps, in an aerobic-style fitness class. Great cardio, great brain training with simple choreography.

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Notes

Please remember to put your register your car number plate, when you arrive to class!

Due to the specialisation of yoga trapeze students book for the block and this is non-refundable, if you miss a session, I am happy for you to hop into another one or do 2 one week to make it up within the block - or give it to a friend.

Please ask to join the WhatsApp group by sending me your mobile number where you can keep an eye on notices.

What to wear / bring: Aerial Yoga needs layers, really - thin long sleeve, vest under and long leggings. Due to the close contact with the silks it is necessary to be fastidious with underarm personal hygiene, ie: wear deodorant or antiperspirant - it is not possible for me to wash the silks after every class. ;)

Motion sickness?

If you tend to suffer from car sickness you may experience some motion sickness for the first few sessions. This will ease as you become familiar with your movements in 360, but to begin with you may want to take half a sickness tablet or use acupuncture bands. :)

Photographs:

Students love having photographs of their progress and I use these from time to time in my promotional adverts for social media. Please let me know if you do NOT want photos to be shared or taken.

MEDICAL CAUTIONS

AERIAL: Please refrain if you have had recent operations (6 months), if you have glaucoma, are pregnant or have high blood pressure, heart conditions or hiatus hernia. If you are returning to exercise after having a baby it is recommended that 6 months space is given.

WEIGHT TESTING

Aerial and Bounce - use equipment and they are weight tested to 150kg.

FLOOR: If you have untreated high blood pressure, heart disease, asthma, diabetes, epilepsy or are pregnant, please obtain GP approval before starting yoga. If you are in any doubt about a particular pose or sequence, please ask the teacher before attempting! :)

As with any yoga class, you need to make sure this is right for you.

* By signing up you confirm that you are fit to take the class.

Please be aware that aerial yoga does not suit everyone. It can be more challenging if you have movement awareness issues or dyspraxia.

Please note: if you are unsure, please check with your medical practitioner.

BEFORE CLASS:

Aerial Yoga is quite demanding, so you will need to have eaten fairly well earlier in the day (for evening class) or the day before for a morning class (!). Resist coffee before class and eat no less than an hour beforehand.

Disclaimer: By joining the classes I agree to practice Aerial Yoga classes at my own risk and agree to practice safely in the class:

Looking forward to working with you! Om Shanti!

Blessings and love,

Emmaline x

Attachments area

[Preview YouTube video Aerial Yoga class trailer - Blissed-out Yoga](#)[Preview YouTube video Aerial Yoga class trailer - Blissed-out Yoga](#)

