

yoga

What is yoga?

With its roots in India, Yoga is a traditional discipline involving a variety of techniques. We are familiar with the idea that yoga involves postures and perhaps some aspect of meditation; however, breathing, voice work, diet, study and reflection can all be integral parts of the practice.

What are the benefits of yoga?

Yoga practice can help us to:

- > Begin to appreciate the intimate relationship between our body, breath and state of mind.
- > Develop a quality of attention, allowing space for reflection and self-exploration.
- > Improve strength and mobility.

Yoga can also be used as a therapy, to recover, maintain or augment our health. Through regular and careful practice, we can use yoga to:

- > Cope with excessive stress or anxiety.
- > Enhance energy and productivity.
- > Reduce dependency on medical and social drugs.
- > Support sporting or outdoor activities.
- > Care for chronic disorders such as arthritis, asthma, circulatory and digestive problems, hypertension, back pain, etc.

How can I learn yoga?

Yoga can be learned in groups or one-to-one. Classes are suitable for students without limiting health conditions and who would prefer to work in a group. Classes are available for different levels of experience and are usually held weekly in termly cycles.

Yoga was often taught one-to-one and this is still seen as an important way to explore the discipline. One-to-one lessons are suitable for people with specific interests or needs where working individually would be more beneficial. It is also a good way to deepen the effects of yoga by establishing a home practice.

About this tradition

There are many different traditions and approaches to yoga. This approach is based on the teaching of two Indian teachers, T Krishnamacharya and his son TKV Desikachar. The relationship between student and teacher is given importance and great care is taken to adapt the techniques to your needs and direction, making the practice relevant to everyone regardless of age, gender, health or occupation.

Particular emphasis is also placed on the precise use of breath - in postures and in its own right - as a powerful instrument to enhance the practice.

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Charles Cox has been studying and practicing yoga with senior teachers in the UK Since 1995. He has completed three years of practitioner training with the AYS (Association for Yoga Studies) and continues to study with his own teacher. He is registered for teaching with the British Wheel of Yoga.