



## What is Spiritual Yoga

Spiritual Yoga classes are designed for women and men in their mid to latter years and invite you to understand and meet your body's needs as you build a more harmonious relationship with you and with others. It encourages people to work together in an energy of peace, love, and mutual respect.

It is designed to meet the needs of people living and working today and facing the challenges of

- high stress work and lifestyles
- exhaustion, boredom, loneliness
- poor health and nutrition
- high level of disease.

Spiritual Yoga is refreshing and revitalizing and naturally it evolves to meet the changing needs of society and of you. It allows you the freedom of choice to decide the level of your participation and how gently or strongly you wish to move your body on any day.

To help you do this you are invited to share the spiritual values of equality, honesty, non-judgement and sharing of energy; uplifting each other to bring joy into our worlds. Put simply it is for people who want to belong, be part of a community, to contribute, grow and be uplifted.

There is a flow from pose to pose, connected with music and with breath to build strength and flexibility.

Spiritual Yoga recognizes every person is here on earth to learn and to grow which includes accepting the things we need to change in our lives and the things we are unable to change.

You are encouraged to wear clothing you feel comfortable in and that reflects you and allows you to move freely. Colours are a powerful form of expression and some colours will help and others will hinder your journey through life

Different props may be used to offer support and the opportunity to broaden your experience.

Please bring a mat and a blanket for warmth and or support.