

STRETCH & RELAX YOGA

10 weeks of yoga per semester: Learn to relax, reduce stress and anxiety, improve focus and feel happier with yoga. Drop in anytime for a taster class or opt; complete 5 sessions at any point during the semester and receive a free gift!

LEVEL: All levels, from complete beginners to advanced yoga students

WHERE: In person in An Tobar, Student Services Building and Online on TEAMS

WHEN: 1.00-1.45 5th October-14th December (except during study week, 2nd Nov)

LENGTH OF CLASS: 45 minutes

COST: Free!

ABOUT THE CLASS:

Enjoy a led 45 minute hatha yoga class suitable for all levels and abilities. This all-round practice will connect you to your breath for a mindful flow that is both relaxing and strong in doses. Barbara delivers clear, easy instructions and demonstrates as she teaches. Suitable for beginners, for men and for experienced yogis. You will be encouraged to take the class at your own pace, listening to your body and your breath as you flow through full range of motion.

The practice takes you through breath work, grounding and cultivating a strong core connection before you begin the flow. Sun salutations are followed by a standing sequence to ground and uplift you. Back bending, twists and inversions close this complete yoga practice.

WHO CAN TAKE THIS CLASS:

Suitable for all levels of yoga practice including complete beginners to yoga. It is suggested that you get your doctor's blessing if you have any injuries or medical conditions.

Barbara offers suggestions for all levels of practice but ultimately you are your own teacher and you decide what feels right for you. If you have any injuries or physical limitations Barbara's suggestion is to try cautiously or leave a pose out if you are unsure; just watch and listen. If you're still unsure please check with a medical professional before attempting a pose. Most poses are accessible to most people but we are all unique, please listen to your body. While this yoga practice is suitable for everyone, please remember, those with injuries, high or low blood pressure or any medical concerns, including pregnancy, should check with a doctor before doing the practice.

ABOUT BARBARA:

Barbara is an experienced yoga and meditation teacher, clear and easy to follow. Her classes will leave you feeling grounded, inspired and calm. Barbara's first introduction to yoga was in her teens. She completed her 200hr yoga training in Ireland over 10 years ago and continued her studies while travelling in India and Nepal. Since then, Barbara has continued her studies and has completed various yoga and meditation training courses, including several silent meditation retreats. Barbara has an M.A. in Counselling and Psychotherapy and recently completed training in Trauma Sensitive Yoga. Barbara has taught yoga both in India and in Ireland, in various well-known yoga studios such as The Elbowroom, Pure Health and YogHub.