

Join me at Honington Grange in a sequence of movements to relax the body and mind.

Teaching you the best in:

- Warm up techniques
- Asana
- Anatomy
- Breathing Techniques

Benefits of Regular Yoga:

- Increased flexibility
- Increased blood flow
- Increased self esteem
- Improved posture
- Improved core strength
- Reduced lower back pain
- Improved sleep
- Relieve stress and anxiety
- Breathing exercises that support you to Focus on the breath

Classes are held at Honington Grange on Mondays 6pm – 7pm

To visit Rachel within the beautiful, tranquil setting of Honington Grange or for further information please contact Rachel :-

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