

**FREE  
RELAXATION CD**

# Yoga for Health in Cannock

The ability to relax is important to release mental, emotional and physical tension. All tension starts with emotional tension but if you learn how to relax properly you can actually alter your genetic activity (a process of epigenetics) in ways that significantly improve your health or heal a number of medical conditions. Studies have shown that 95 per cent of people suffering from health problems including, anxiety, arthritis, back pain, heart disease, high blood pressure, insomnia and premenstrual syndrome have reported a significant improvement in their condition by practicing yoga.

Inspired by Satyananda yoga, a whole mind-body system, combining deep mindfulness practices with meditation and psycho-education. This is a blissful 75 minutes of mindfulness practices, yin yoga, deep relaxation and meditation. Ideal for alleviating stress/anxiety (and other psychosomatic illnesses) and leaving you chilled out and ready for the weekend. Ideal for those who want to explore a more mindful practice and deepen their experience of meditation. You will learn relaxation and resilience skills that you can use for the rest of your life; the Yoga for Health class the best health insurance you could ever take out. Beginners welcome.

**When?** Mondays, 8.15pm to 9.15pm

**Where?** Hayes Green Community Centre, Hayes Way, Cannock WS12 3XP

**Cost?** £4.50 per class (£24 for 6 weeks)



**Call Sue: 07908 730 726**

[www.myyoga.org.uk/yogaforhealth.html](http://www.myyoga.org.uk/yogaforhealth.html)

