



Mind & Body Studio

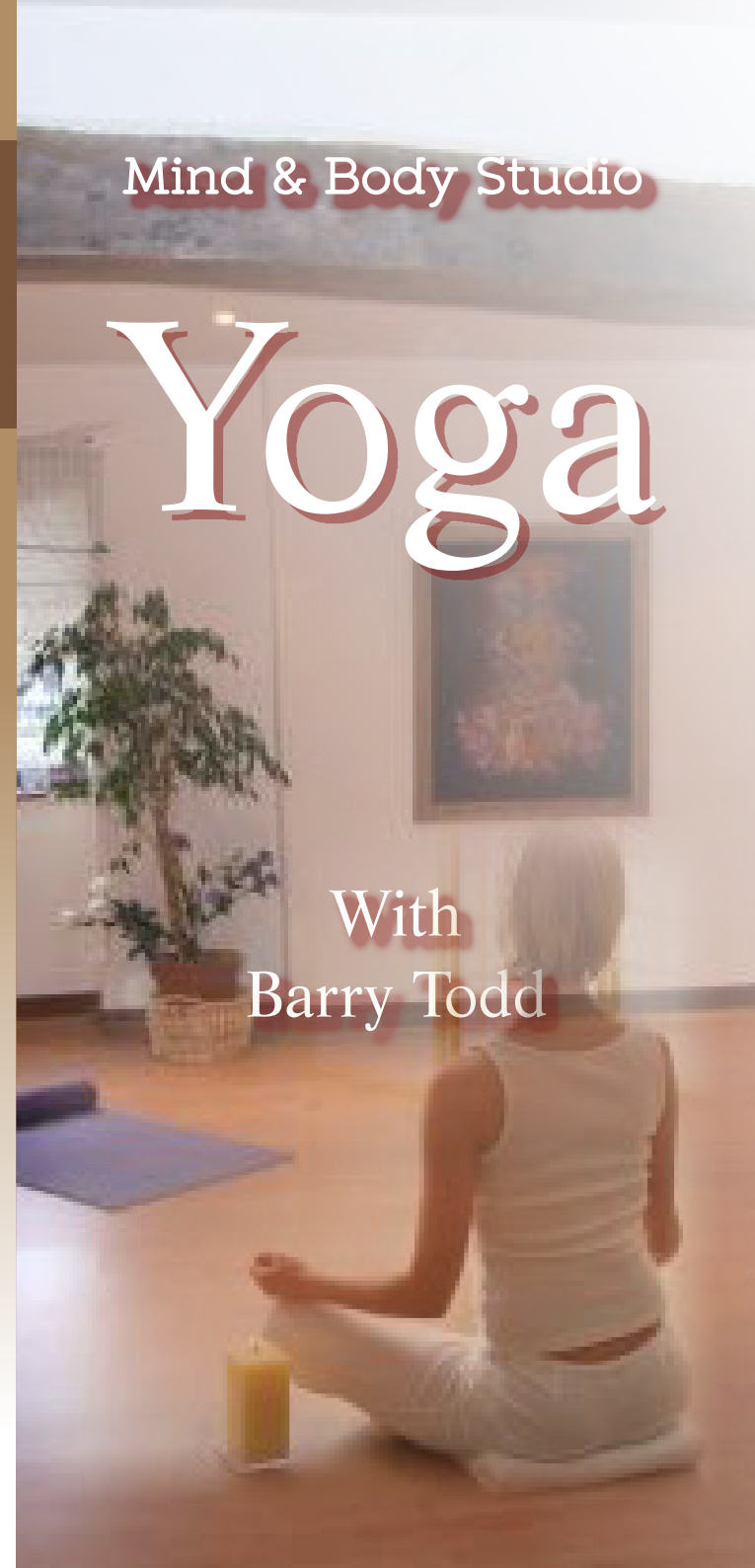
Yoga with Barry

Day	Time	Style
Mon	1.30 - 3pm	Hatha
Wed	7.30 - 9pm	Hatha
Thurs	7.30 - 9pm	Hatha
Fri	6.30 - 8pm	Yin

Call Now to Enquire:
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Mind & Body Studio

Yoga

With
Barry Todd

Yoga with Barry

Learn to Relax

Slow the ageing process with yoga

Hatha - This is a traditional style of Yoga that incorporates varied standing sitting and lying postures, breathing and relaxation.

Yin - Often referred to as the quiet practice, postures are adopted for longer periods while you relax more and breathe with sensitivity. This brings added calmness and a more effective stretch, especially for the soft connective tissue and can bring great benefits for any Yoga posture development - great compliment to gym work and many sporting activities. Yin is not a restorative style and we do intend to stress the body a little to improve efficiency but it is diverse enough to suit all anatomies. The style requires less energy so popular with those with low energy levels.



The Benefits of Yoga

- ✓ Relieves Stress
- ✓ Relaxes the body and Mind
- ✓ Improves concentration and awareness
- ✓ Improves body strength tone suppleness and flexibility
- ✓ Strengthens the spine and helps with back pain
- ✓ Improves muscle and joint mobility

Yoga Classes