

The teacher

Gill Mathews RGN, RM, BA (Hons) Bsc, MSc, PG Cert TLHE

I've been practicing Yoga regularly for more than twelve years, training as a yoga teacher with the Inner Yoga School (www.inneryoga.org.uk) during 2006-2008 and as a mindfulness teacher in 2009. My approach focuses on the physical, mental and spiritual dimensions of yoga and mindfulness to promote personal transformation and healing. I have worked within healthcare for most of my professional career and over recent years have extended into research and Higher Education. I teach yoga within the context of mindfulness training and am currently undertaking PhD research exploring the value of this for people who live with long-term conditions.

The Approach

People new to yoga and/or mindfulness practice and those with prior experience are welcome. A gentle introduction is offered including:

- ◆ basic postures
- ◆ pranayama (yoga breathing)
- ◆ deep relaxation
- ◆ simple meditation techniques
- ◆

Students are encouraged to develop self-awareness by working with the breath and focusing attention within the body. Achieving perfect positions is not the aim, rather to use a mindful approach, to awaken our inner understanding and innate capacity for self-healing. Mindful movement through yoga asana helps to release areas of tension and resistance, gradually improving flexibility and alignment. With regular practice overall health and well-being is enhanced, bringing inner freedom, energy and vitality to the body.

Booking/Information

Cost: £7 per session (low income-£5) Flexible Payment System

Please contact Gill on 07551361599

e-mail: gill.mathews@hotmail.com

MINDFUL YOGA

Classes

With

Gill Mathews

Thursdays

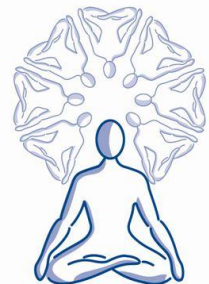
5.30pm - 7.00pm

*from 26th September,
2013*

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**ST. MARKS UNITARIAN
CHURCH**

**7 Castle Terrace
Edinburgh EH1 2DP**



BRITISH WHEEL OF YOGA
TEACHER

Member of the British Wheel of Yoga