



# Yoga & Mindfulness Totland Bay, Isle of Wight

*with Flo Sarlat*

## YOGA OPEN TO ALL LEVELS

Thursday - 6:00 to 7:00 pm - Drop-in class £10

Our bodies are remarkable, designed to help us move, learn, play, create and relate. Most of the time, however, we live disconnected from our bodies. Yoga offers an opportunity to explore, understand and make friends with our bodies.

## CHAIR YOGA

Wednesday- 10:30 to 11:30 am - Drop-in class £10

Yoga doesn't need to be complicated to be effective. Chair Yoga is a fantastic way to exercise for people who don't want or have difficulty getting down on the floor and prefer the support of a chair.

**Try your first yoga class for free!**

## INTRODUCTION TO MINDFULNESS

3 X weekly sessions of 1 hour - £40  
16, 23 and 30 Nov 21 - 6:00 to 7:00 pm

This course offers a brief taste of mindfulness practice and theory in a format intended to be accessible to anyone new to mindfulness. This course explores some key themes and practices in ways that might support people personally, in everyday life and work.

## MINDFULNESS FOR DAILY LIFE

8 X weekly sessions of 90 minutes - £180  
11, 18, 25 Jan, 1, 8, 15 Feb, 1, 8 Mar 22- 6:00 to 7:30 pm

This course is based on mindfulness-based cognitive therapy (MBCT). It helps break the cycle of anxiety, stress, unhappiness and exhaustion by learning a set of simple yet powerful practices to incorporate into daily life.

Church Hall - The Broadway - Totland Bay PO39 0BW

Contact & booking: Flo Sarlat 07429 050 419 - [flo@flosarlat.com](mailto:flo@flosarlat.com)

More information on [www.flosarlat.com](http://www.flosarlat.com)