

## Yoga in Finchampstead with Katherine Geddes



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When?

Every Wednesday including half term from 10.30-12.00. No classless over the Easter, Christmas and Summer school holidays

What style of Yoga is it?

Hatha Yoga with an emphasis on understanding your body –please see separate page below entitled: "About Hatha Yoga". As a physiotherapist Katherine will adapt poses and give options to suit any physical needs.

Who are the classes for?

The classes are for Adults of all levels of ability, this means that those new to Yoga will be working alongside the more experienced - postures will be adapted to suit the capabilities of Your body

How much will it cost?

£7.00 per session

Do I need to book?

No, these are "drop-in" classes so there's no need to book in advance, or pay for a block of classes up front.....if you're free on a Wednesday then please "drop-in" to the Ratepayers Hall

What should I wear?

Loose comfortable clothing, i.e. joggers, or similar, a T-shirt and sweatshirt/jumper – you may find it useful to wear layers

Do I need to bring anything with me?

A blanket, or similar – this will be used when practicing kneeling postures and also for warmth during relaxation at the end of the session

What equipment will I need?

For those new to Yoga, mats will be provided, but it's recommended that you purchase your own as soon as you know you plan to continue with Yoga. I occasionally carry competitively priced equipment to sell

What will happen in the class?

The class begins with lying or sitting still to bring our thoughts from outside to within, then posture work, a warm up is included before any deep stretches occur the session finishes with breath-work/meditation and finally relaxation. Students will be given a Health Questionnaire to complete and return on their next visit.

How do I find out more?

Please contact Katherine for a friendly, no obligation, chat.

[kgeddesphysioyoga@icloud.com](mailto:kgeddesphysioyoga@icloud.com)

Associations/Memberships:

The chartered Society of physiotherapy – [www.csp.org](http://www.csp.org)

HCPC registered - [www.hcpc-uk.co.uk](http://www.hcpc-uk.co.uk)

The Traditional Yoga Association (TYA) - [www.traditionalyoga.org](http://www.traditionalyoga.org)

The Independent Yoga Network (IYN) - [www.independentyoganetwork.org](http://www.independentyoganetwork.org)

Berkshire Yoga Teachers' Circle (BYTC) – a support group of local teachers and interested students who host workshops for Yoga and related topics, in the Berkshire and surrounding areas - some of the proceeds of which are donated to charity.

Links:

<http://www.swamiambikananda.com> (read Swami Ambikananda's weekly Satsang)

<http://www.mukti.traditionalyoga.org> (a children's charity supported by TYA)

<http://www.nazindia.org> (a Mukti children's home supported by TYA)

<http://karma-marg.tripod.com> (a Mukti children's home supported by TYA)

<http://maherashram.org> (a charity supported by TYA)

Katherine is fully insured through the CSP and holds a current PPL Licence teaches classes in Finchampstead balancing up her private physiotherapy work and family life with yoga.