

Wittering Academy Riding Club

“Achieve your equestrian ambitions”

Yoga with Marcus Parr

Saturday 28 January 2012 - 9.15am – 10.15am

at

**Grange Farm Equestrian Centre,
Wittering Grange, Wansford.**

Marcus currently holds nine Yoga qualifications including 'Yoga Teacher' and 'Yoga Class Instructor' and he also holds a level two (2004) certificate in 'Sun Power Yoga' (a combination of Dynamic Hatha, Sivananda and Astanga styles) which is recognised by the International Yoga Federation - the world governing body of Yoga. He also holds many other qualifications relating to stress management, self-improvement, psychology, spirituality and natural therapies.

He is a member of the Register of Exercise Professionals (Advanced Instructor Level 3), the British Yoga Teacher's Association and was also a founder member of The Independent Yoga Network.

What Yoga Can Do For You

1. Correct Posture
2. Slim the body and give better muscle tone
3. Improve flexibility and ease stiffness
4. Align the spine and ease or prevent back problems
5. Improve fitness and energy levels
6. Improve blood circulation
7. De-toxify the body
8. Relieve the symptoms of stress
9. Boost self-esteem and confidence
10. Improve overall health and resistance to illness
11. Give a more youthful appearance

Cost for a 1 hour Yoga session will be £10 per person. Places can only be confirmed ONCE PAYMENT has been made.

PLEASE NOTE A MINIMUM OF 6 PARTICIPANTS REQUIRED FOR CLASS TO GO AHEAD.

Any queries, please contact Ruth Hart on 07720413910 or ruthdemagalski@hotmail.co.uk

If you would like a to reserve a place, please complete this entry form and return it to 'Marcus Parr Yoga', Wittering Academy Riding Club, c/o Grange Farm Equestrian Centre, Wittering Grange, Wansford, Peterborough, PE8 6NR. Alternatively put your form in the box located in the office at Grange Farm EC

Introduction to Yoga – Saturday 10 December 2011 at 9am

Name _____

Contact Number and Email address: _____

Payment enclosed £10 (Cheque/Cash)