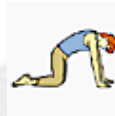


Yoga is a proven practice for unfolding and self- improvement by bringing about balance and harmony between body, mind and spirit.



Classes combine the gentle holistic practices of:

- Body loosening & stretching, Asanas (Postures)
- Breath awareness
- Pranayama (Life energy practices)
- Relaxation and Meditation



Yoga brings benefits to oneself of :

- Release tension and stress
- Improve fitness, suppleness and muscle tone
- Improve concentration and clarity
- Create balance and calmness of the mind



Classes are organised on termly basis:

Day: Every Tuesday

Time: 7:45 pm - 9:15 pm

Venue: Drama Studio, 1st Floor - Sports Block

Harrow High School, Gayton Rd, Harrow, Middx HA1 2JG

These group classes will allow for personal guidance in a progressive learning with simplicity and clarity in the art & science of yoga. Classes are open to beginners as well as for regular practitioners. Mita and Manish are qualified instructors with each over 17 years teaching experience.

“For a few moments, surrender, and allow yourself to be taken care of and see how your life unfolds”

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For information or to enrol, please contact

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