

Jane Macpherson Yoga

Dear Yogi Friends

I do hope you all have had a relaxing and peaceful summer break and feel refreshed, energised and ready for another term of yoga!

How many times over the years have we been asked "How was your holiday?" and replied something like, "Lovely, thank you, but it seems like ages ago", often followed by "How I wish I was still away / on the beach / sitting in that restaurant"... sound familiar?

It struck me last week, as I was returning from our family Summer holiday, how times away from our 'normal routines' have such a positive effect on us. The feeling we have when we are away is to be treasured – a time without deadlines or lists of those things we must get done. Holidays are a time for us to be ourselves, to relax, re-energise our batteries and to simply let things go.

And as I pondered on this, I realised that these feelings don't have to be confined only to those times when we are away. These feelings can be recreated every time we get onto our yoga mats. Yoga gives us the opportunity to be with ourselves, relax, focus on the present moment, ignore all deadlines and just 'be'. It's just like being on holiday.

So... why not look at your yoga practice as your very own personal 'mini break'! Recreate that holiday feeling each and every time you get onto your mat and begin to move your body and experience your breathing.

And you won't get sand in the wrong places or have to face endless washing when you get home!

Our term of classes starts week commencing 9th September – please take a look at my website for more details. I am also planning some events over the next few months so please have a look at my website for more details and let me know if you would like a place on any of them.

Nameste

Jane x



Yoga Events

Yoga and Brunch

Thursday 7th November

9.30am-12 noon

At Oxleaze Farm

Yoga and brunch mornings
also planned for April and
June 2014 (dates TBA)

A weekend of yoga
and relaxation

7th – 9th March 2014

Brooklands Barns near
Arundel, West Sussex

Public classes and dates

Autumn term courses start w/c 9th September 2013

Half term w/c 21st October and 29th October

Monday	8.15am–9.40am	Oxleaze Farm, near Lechlade
Monday	7pm-8.30pm	Langford Village Hall
Wednesday	8am-9.15am	Langford Village Hall
(Drop in option)		
Friday	9.15-10.45	Langford Village Hall



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For more information please see my website

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