



True Posture classes

How to sit, stand and move with ease

Do you wake up with your body feeling light, spacious and ready for a full and playful day? Or is your body stiff and sluggish, and does it take time to limber up and warm into your day? Most people have forgotten that feeling of bounce and vitality natural to our bodies. Most of us have forgotten how true posture feels.

- In this 6 week series of classes we will be exploring
- What True Posture means
- How to bring more gentleness into our bodies
- How to stop the momentum of the day building tension in our bodies
- Our own unique ill patterns and restrictions and how we can begin to release them
- How to observe the world without absorbing it

Classes involve gentle breath, movement and awareness exercises as well as discussion on how you can apply what you learn to your day to day lives. Please bring a yoga mat, pillow and blanket to support any injuries and create a nurturing environment for yourself.

Place: Guide Hut, Greenside Place, St Andrews

Date: Each Tues from 28 Feb for 6 weeks

Time: 7.30-9.00pm

Cost: £50 for block of 6 sessions or £12 per session

Early booking is recommended as numbers are limited. For further information or to book a place please contact :

Jane Torvaney, Chartered Physiotherapist

tel: 01382 552181

Email: jane@structuralharmony.co.uk

www.structuralharmony.co.uk