

# Yoga is a practice of *interoception*

It involves moving the body into shapes  
and learning to notice  
physical and emotional states

Students learn to notice the affects  
that different postures have on them  
and to gain confidence in working  
with their bodies.



Care is taken to sequence poses for  
the specific needs and conditions  
that students present with.  
Students with no experience of yoga  
can be catered for in these sessions.

## Why practice yoga?

A yoga practice offers us a safe space  
where we heal our relationship  
with ourselves.

Through practice we change how our  
memories and emotions affect our  
thoughts and expectations.



Postures are often done with support  
so that we can feel how the parts of the  
body connect.

Over time we build confidence in our  
judgement of what we are feeling and  
this changes how we understand  
ourselves.

**Ph: 07 41246878**  
**[www.herveybayyoga.com.au](http://www.herveybayyoga.com.au)**  
**54 Torquay Road Pialba**



## Private yoga classes and remedial assessments

for people living with  
injury or illness  
who are interested  
to work with yoga as a pain  
management strategy.

and

for practitioners who seek specific  
guidance to deepen their home practice.



# What is yoga

The skill of the practice is to notice and experience the difference between movement and action; or action and reaction .



## Actions stabilize and give direction

As we move the body into new and different shapes we challenge our awareness. This process grows new connections within our brain.

We improve the link between the mind and the body and the sense of ourselves within our environment.

Modifications to the classical postures make it possible to gain the benefits of the physical practice without strain or fear. Teachers take extra care to make the space a safe and supportive environment.



When we practice we aim to turn down the alarm bells of the sympathetic nervous system. These changes are encouraged through improved breathing, blood circulation and stimulation of organs and glands.

## The mind learns to stop and listen rather than react.

The learning process includes how to use chairs, belts, ropes, and walls for support and spatial feedback.



Book on line via our website  
Private session/remedial assessment  
Sessions are 1 hour and cost is \$75  
Options for session times  
9.30 - 10.30am  
11.00 - 12.00am  
Monday, Wednesday, Thursday

The journey is one of finding a sense of safety and of building trust in our judgement. Once we gain some trust we start to learn about how the poses affect the body and mind and we can build a home practice that sustains and nourishes us.