

# 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. A  
yoga practice is  
an opportunity  
to change how  
our memories  
and emotions  
affect our  
thoughts and  
expectations.

During sessions we are instructed to pay  
attention to the quality of our breathing  
and we are reminded o relax tension  
around the face, especially the eyes and  
lips and jaw. The poses are done with  
support so that we can remain in the  
posture long enough to 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 classes and Remedial assessments

People living with injury or illness  
who are interested to work with yoga  
as a pain management strategy enter  
the school via this program.

Practitioners who seek specific  
guidance to deepen their home practice  
will also find these sessions useful.

# 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 \$77**

**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.