

# Yoga for Women



Our class is run by the wonderful instructor, Dunya - who specialises in tailoring classes for all abilities.

## About this Activity

Yoga is a physical, mental, and spiritual practice or discipline, that aims to transform body, mind and spirit. The term yoga is derived from the literal meaning of “yoking together” a span of horses or oxen, but came to be applied to the “yoking” of mind and body.

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. Yoga is ideal for helping to reduce stress, anxiety and developing muscle tone. It's also aids concentration and generally lifts your mood.

Yoga is about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. The poses can be done quickly in succession, creating heat in the body through movement or more slowly to increase stamina and perfect the alignment of the pose. The poses are a constant, but the approach to them varies depending on the yoga tradition in which the teacher has trained.

 Date

Every Wednesday

**Wed,  
1st Nov  
2023**

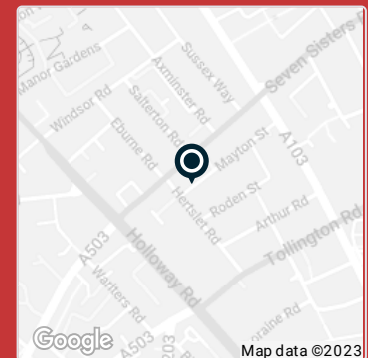
 12:30pm - 1:30pm

 Price

**Free**

 In-Person

**Old Fire Station  
Community Centre  
84 Mayton Street,  
London  
N7 6QT**



 Online

**Zoom**

