

July Yoga Newsletter-

As we enter into summer, many of us feel the need to make the most of the longer days and be outside. To practice yoga outside in nature can give us a chance to feel connected. We can connect to the environment and to ourselves.

By acknowledging this connection, and by practicing yoga and meditation we can cultivate our inner radiance and illuminosity which extends into our everyday lives. I feel that by practicing yoga outdoors we can take the light of the sunshine into our beings to become more radiant. Like when you close your eyes whilst sitting in the bright sun, you can still sense the intensity of the light shining on top of your eyelids

With this in mind, I'd like to invite you to join me for Tuesday morning yoga in Ravenscourt Park, W6. Please read below for more information on the outdoor classes and other classes I will be teaching this month in London.

CLASSES IN LONDON ARE LISTED BELOW

1. **Tuesday morning yoga in Ravenscourt Park.**
2. **Pregnancy Yoga- Shepherd's Bush and Notting Hill.**
3. **Saturday morning intermediate – Notting Hill.**

1. MORNING YOGA in Ravenscourt Park

Make a commitment to yourself and commit to an early morning Ishta Style yoga class to spring into summer. Raphaella will combine energising and strengthening poses to open the body and stimulate the mind. Classes are open to all levels.

When: Tuesday mornings starting July 8th. 7am-8am.

Where: Ravenscourt Park, W6- Meet at the shady grass area behind the Ladybird Pre-school, Goldhawk Road entrance- Near the basketball courts.

Bring: Your own mat, a bottle of water.

Cost: £8

For enquiries, contact Raphaella on 07806 274 202 or [email me](#).

2. PREGNANCY YOGA

Wednesdays 20:00- 21:15 at Go-Yoga

Saturdays (starting 19th Jul- 30th Aug) 10:15- 11:30 at The Life Centre.

Go-Yoga 140 Percy Road, Shepherd's Bush, W12 9QL. Phone: 0208 740 1989 to reserve place or for enquiries.

The Life Centre: 15 Edge Street, London W8 7PN. Phone: 0207 221 4602

Details: Provides a space to nurture yourself, your changing body and baby. Classes will include gentle asanas to open, strengthen and stretch your body along with breathing and relaxation techniques to prepare for birth. Suitable for beginners.

3. SATURDAY MORNING INTERMEDIATE CLASS

Saturdays (starting 19th Jul- 30th Aug) 08:45- 10:00 at The Life Centre.
The Life Centre: 15 Edge Street, London W8 7PN. Phone: 0207 221 4602

Details: Hatha based yoga that incorporates powerful asanas and meditations. With a focus on the individual classes aim to leave the student feeling more centred and provides them with the tools to uncover their essential selves. The strong foundations allow students to feel connected to the past teachings of the masters which helped shape ISHTA Yoga.

Have a great summer and I hope to see you around.

All the best,

Raphaella Rose
<http://yogaishtastyle.com/>

'It's not how much you do, but how much love you put in the doing'