



Classical Ashtanga Yoga

with Emma Conally-Barklem BWY Teacher

7-8pm in Drama Room 1(A18)

The Sports Village, Lawrence Jackson School, Church Lane,
Guisborough, TS14 6RD

Term Dates 1/4, 8/4, 22/4, 6/5, 13/5, 20/5

£55 for the term or £10 PAYG to be booked in advance

Emma is a passionate advocate of
Ashtanga Yoga for everyone.

Emma's teachers are the original students
of Patabhi Jois and World Masters who
have spread Ashtanga Yoga throughout
the world. She teaches in the spirit of her
teachers with humour, compassion and lots
of options whatever body you are in. Her

Accessible Ashtanga sequences have
featured in the national Yoga magazines;
BWY Spectrum and OM Yoga magazine
and she has free classes on her youtube
channel EmmaLiveYoga.

This class will focus on the Ashtanga Primary
and Intermediate series in classical fashion.
Classes will include: breakdown of technique,
breath, bandha, dristi, tips from the world
masters and Emma's own practice.



**To book, contact Emma on 07762 519068
or email emmaliveyoga@gmail.com**

Free YouTube Classes