

About yoga

Yoga is a classical Indian discipline that makes you work for your health. Although the practice of yoga is widespread, there is still some misunderstanding about it. People think it involves contortionist gymnastics or is a key to instant relaxation. Yoga is neither of these.

Benefits

Yoga is, among other things, a system of physical exercises that cover an enormous range of body movement that has an immense impact on the whole personality. It is a safe, regenerative form of exercise that builds a firm foundation of health. Practice leads to poise, awareness of one's capabilities and increased self-confidence. There is no age limit to improvement, so yoga is not merely for the supple or the young. Yoga is also a powerful system of healing. Relief is felt from rheumatism, arthritis, back problems, menstrual disorders, migraine, circulatory and digestive disorders and so on. This increased level of health means that diseases find it more difficult to take hold and are also easier to shake off or keep under control.

What's involved

Personal Yoga Training classes are designed to suit you. Luci will discuss your requirements prior to the class and will design a practice that is suited to your level and needs. Each session will include the following elements:

Yoga breathing

Each class starts with a calming breathing practice to relax the body and still the mind.

Gentle stretching

We will then soften the body and mobilise the joints with some gentle stretching. These postures will free up the spine and shake off aches and pains.

Strengthening/Toning

Stronger poses follow to challenge the body physically and mentally, taking the body through the full range of movements (forward bending, backward bending, side stretches, twisting, balancing and inverted poses). With so many poses to choose from there is always the possibility of learning more and progressing further.

Relaxation

All sessions conclude with a short relaxation and meditation to restore energy.

Luci Phipps

My interest in yoga began in 1992 initially as a hobby. Once I was diagnosed with rheumatoid arthritis in 1994, yoga became indispensable in offering improved health and wellbeing. My interest grew and eventually I switched careers from publishing to become a full-time dedicated yoga teacher. I have practiced many yoga styles inc. Sivananda, Astanga, Iyengar and Viniyoga. I continue to train regularly with a variety of teachers.

Qualifications

1987 – B.Sc. Physiology
1990 – Master Business Administration
2001 – First Aid for Yoga Teachers
2002 – Karuna Yoga Teachers Training Diploma with Ruth White (a registered Yoga Alliance 500 hour qualification)

Teaching Experience

Health Clubs (Chelsea Club, Harbour Club, Pennyhill Park Spa, Cannons, Esporta, Holmes Place), Ruth White Yoga Centre (training teachers), open community classes, corporate and private clients. I have over 3000 hours teaching experience.

