

Yoga with Anne Harrison

I have been having private lessons with Anne since July 2013. My chiropractor recommended that I take up yoga or pilates to alleviate my back problem. I have suffered from a prolapsed disc for the past 8 years. I was looking for a gentle form of yoga and researched Dru yoga on the website and found Anne.

When I started having sessions last July I was experiencing ongoing pain in my lower back and was very inflexible. Within a few weeks the tension in my lower back eased and I was gaining more flexibility and core strength. The sessions are enjoyable and I find that Anne goes at my pace and is very responsive to any discomfort that I may be experiencing in the session. After about 4 months I found I could do more demanding postures like downward dog. I have accomplished the warrior sequence and the four directions and apparently do a VERY GOOD CAT!

The yoga sessions are held in a bright and spacious conservatory which is well heated in the winter months and attracts the sun in the warmer months. This is an ideal space in which to practice yoga. The session begins with a warm up and ends with a relaxation session which is calming. If you are a cat lover there is the therapeutic addition of the most beautiful, cutest Siamese kitten called Bentley who joins in the relaxation. He is an optional extra but ESSENTIAL for MY wellbeing!

Since I have been doing Dru yoga I have had fewer trips to the chiropractor and generally feel an increased flexibility in my body and less tension in my lower back. I would thoroughly recommend Dru yoga!

Tracy