

## Your place or mine!

Yoga teacher Anne Harrison believes that private tuition is the way forward for yoga. She says that many of those new to yoga practice would like to be gently introduced to it in the privacy of their own home rather than being in the middle of an established class. Not only is this the case but a whole group of people who are too busy to fit their lives around a fixed group yoga timetable can often find a slot at a convenient time in their day to fit in a yoga class. In Anne's experience these busy, and often stressed people, get huge benefits from the flowing and relaxing nature of the Dru yoga that she teaches.

This has been born out as in recent weeks Bodies Yoga, Anne's business, has seen a marked increase in demand for home based yoga. Yoga is on the increase for Bodies Yoga with many benefiting from the anti-stress, improved posture and well-being that Yoga gives.

With the increase in business there are limited times available so Anne asks that you please call her to reserve your spot. You could be relaxed and feeling great in time for Christmas!!

September 2013

Business Details:

*Bodies Yoga* | Dru Yoga in Ilkley

Ilkley, West Yorkshire

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[www.bodies-yoga.co.uk](http://www.bodies-yoga.co.uk)

