



YOGAFIX

*for your lifestyle* 

Enjoy personal **1:1 YOGAFIX** sessions in the comfort and convenience of your home or join a **YOGAFIX class** to stretch, relax and develop your practice as part of a welcoming group.

The beauty of yoga is that it can help people of all ages and levels of fitness to:

- ✧ Increase fitness, flexibility, and tone
- ✧ Improve posture and ease pain
- ✧ Boost energy and build strength
- ✧ Manage stress, rest and revive... and much more!

The YOGAFIX style blends traditions to create a flowing practice, tailored to each individual or class including yoga postures (asana), pranayama (breathing), meditation and relaxation.

[www.yogafix.co.uk](http://www.yogafix.co.uk)



'Emma's skill in relaxing and toning is a natural gift. She is able to tune in on a personal level and leave you feeling a huge sense of wellbeing.'

Jane, London





## 1:1 YOGAFIX

A personal yoga session, tailor-made to suit your lifestyle.

- ✧ Bespoke 'at home' service, to save you time
- ✧ In the comfort of your home or on location
- ✧ Time for you – it fits into your schedule
- ✧ Gets you back on track – mind and body

## YOGAFIX classes

Time for you to enhance fitness, improve posture and enjoy relaxation as part of a group.

**For me** yoga massages the body and gives the brain a break! I have enjoyed practising yoga with a range of teachers and styles and am British Wheel trained. With the help of yoga, I stay sane and live life to the full!

**Enjoy yoga for you, for your lifestyle**

*Emma Harding*



'No matter how stressful your day or how exhausted you feel, this class will leave you feeling chilled out, rejuvenated and ready for anything.'

Stephanie Bailey

Contact **Emma Harding**

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