



What's OM

Dates for the Diary

March

- **Rise and Flow**
Every Monday from
7.30am - 8.30am with Sara
- **Pregnancy Yoga Course**
Thursdays 7pm - 9pm
14th March for 8 weeks
- **Pilates**
Changes day/time/teacher
From the 21st March Gem
will be leading Pilates on
Thursdays from
6pm - 7 pm

April

- **Intro to Teen Yoga**
Monday 22nd and 29th
6.45 - 7.45pm with Mary

More details below



May

- **Pregnancy and Birth Starter Kit**
Thursdays 9th, 16th, 23rd and 30th
7pm - 8.30 pm
- **Intro to Yin Yoga for Young Adults**
Monday 13th and 20th
6.45pm - 7.45pm with Mary

More details below



THE ROCCI TREE
Pause, Breathe, Repeat

June

- **108 Sun Salutations**
with Natasha & Sara
Sunday 23rd June
Keep your eye out
for more details
coming soon...

Rocci's Ramble

Angela and I have been attending a course run by YogaCampus on The History of Yoga recently (it has made me realise how un-academic I am as I'm not sure I understand all the English words never mind about the Sanskrit and Indian words!) A census conducted in 2011 showed that India has about 19,569 languages and dialects, of which almost 1,369 are considered dialects and only 121 are recognized as languages (the acceptance criterion being that the language has 10,000 or more speakers). But it has reminded me that the original practises of yoga were much more about the mind than the body. Our mind has so much to do with our practise, we can easily be in our beginning relaxation thinking 'I hope we don't do (insert your nemesis pose here) today, as my arms/legs/body aren't strong/flexible enough.' Or even before we leave to go to class we're thinking 'oh I can't be bothered, I know I'll feel better after the class but...'

Pratipaksha Bhavanam is a practise of 'looking at a situation from a different perspective and turning a negativity into a positive action - to realise that what we thought was an impediment is actually a hidden treasure' -Om Yoga Magazine, so I am trying to practise this as I look up all the words I do not understand and take it as an opportunity to not only learn about the History of Yoga but also of learning my own language too.

Maybe you too can turn a negative thought into a positive action, see you on the mat.

MARCH



Pilates

From the 21st of March

Thursdays 6-7 pm

After nearly a year with us, Holly has decided to spend more time with her family and stop teaching Pilates at the Rocci Tree. We are very sad to see her go and wish her the very best of luck for the future. We are pleased to have been able to find a new Pilates teacher to start working with us very soon - we welcome Gem Philp. Rocci met Gem recently on her OTAGO training course where they were both learning fall prevention exercises. Gem is a fitness trainer and has been teaching Pilates since 2014.

*Pilates sessions will now be moving to a Thursday evening
6pm - 7pm in our Upstairs Studio.*



Rise & Flow With Sara

Mondays 7.30am - 8.30am

In-studio and Online

A perfectly balanced start-of-the-week yoga class that focuses on building strength, mobility and balance. This class incorporates breath work with fluid movement to leave you feeling calm and recharged. *Why not flow into your week with Sara each Monday morning.*

Tai Chi With Ian

Tuesday from 7.30-8.30 pm.

Downstairs Studio



Tai Chi is an ancient Chinese martial art, sometimes called "shadow boxing" or "meditation in motion". It's a series of different postures that flow into each other in slow movements. But, although it looks gentle, studies suggest it is as effective as conventional exercise for reducing body weight and visceral fat. *We are pleased to be running Tai Chi as a weekly class once again.*

You can use your regular Class Pass for all of these sessions or join our Unlimited Monthly Membership

APRIL



NEW!

Intro to Teen Yoga With Mary

A chance to experience how yoga will make you feel and learn about the origins of yoga and associated practices. With take away breathing techniques to help in everyday teen life, we will learn exercises and postures to suit your mood and start to gain an understanding of how to release and relax completely when needed.



Mondays 22nd and 29th of April
7.00pm - 8.00pm

£15

Buy **Intro to Teen Yoga** and **Intro to Yin for Young Adults** and get **£5 off!**



Parent and Baby Courses

with Helen, Julie and Rocci

£40

All our Parent and Baby Courses run for 5 weeks

Early Days Baby Massage

Wednesdays 17th April 11.30am - 12.30pm
+ tea and cake time

Perfectly suited for the 4th trimester (0-3 months) and for babies before crawling. Our Early days Wellness course combines baby massage with gentle stretching and breathing for mum.

We are happy for you to attend these classes anytime after birth but please check with your doctor beforehand if you have or had any complications due to having your baby.



APRIL

Parent and Baby Courses



Yoga for Mum

Monday 22nd April 11.45am – 12.45pm
+ tea and cake time

Babies are welcome from age 8 weeks to crawling
Our Yoga for Mum classes are a gentle caring style of yoga to help restore energy and strength for Mum without having to find childcare for baby. You will learn how to look after yourself inside and out, take time to rest and restore and have fun with your baby.



Yoga for Baby.

Wednesday 17th April 10am – 11am
+ tea and cake time

This class suited for babies between 8 weeks and before crawling.
Baby yoga stretches and stimulates baby whilst teaching you how to be really confident in assisting them into yoga postures.
The class incorporates a lot of interaction and play, essential for bonding and communication. Yoga is also really helpful for wind, colic, and digestive issues.



Crawler Explorers

Wednesday 17th April 11am – 12pm
+ tea and cake time

Suitable for babies from the point of crawling up to age 2.
The class combines storytelling, music and simple baby yoga movements demonstrated with the fun Baby Bumpkin doll.
The session includes gentle stretches for both mum and baby, as well as providing creative techniques and ideas to play with your child at home. We use music, multi-sensory props, rhymes and fun to bring the stories to life and encourage these babies on the move.



MAY

NEW!

Booking opens soon



Starter Kit for Pregnancy, Birth and Beyond

Thursdays, May 9th – 30th, 7.00pm – 8.30 pm

Our hope for this brand new course is to give couples who are expecting a baby the tools to use before, during and after the once in a lifetime experience of birth.

Leanne, Rachel and Rocci are all passionate about their expertise in the field of pregnancy and birth and we know there are so many useful evidenced based practises that couple can use to create the best experience whatever their journey of pregnancy, birth and parenthood brings.

We also understand that when baby has arrived there can be anxiety around looking after them in case of accidents/emergencies. The First Aid Guy – Guy Venner, is a qualified first aid trainer and will guide you through a First Aid for Parents session.



Week 1 - Hypnobirthing with Leanne



Week 2 - Massage with Rachel



Week 3 - Partner Yoga with Rocci



Week 4 - First Aid with Guy

Intro to Yin Yoga for Young Adults

With Mary

The Perfect way to continue your yoga journey and find out about another style of yoga.

Yin yoga is the yoga of surrender, a place to let go of tension, tightness and resistance and melt into a long held yoga pose. We balance effort and ease and begin to understand our own boundaries and edges, listening in to what our bodies are asking for and responding to that. The stillness created gives you the space to learn to be at ease within yourself physically, mentally, emotionally and spiritually.

NEW!



£15

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7.00pm – 8.00pm



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