

Annual Parish Meeting - Monday 14 April '25 at 7pm in the Memorial Hall.

Yoga4Life report from Diane Wharton

My apologies that I can't attend this Monday evening, but I'm teaching yoga class tonight. Those of you who don't know me my name is Diane Wharton, and I am a qualified yoga teacher and have been practicing yoga for 40 years.

I now run two classes, back-to-back, on a Tuesday morning. The first is a classic Hatha yoga class where we practice on sticky yoga mats and the second is for the less able and this, I call Fitness with Friends, a chair yoga class.

Yoga incorporates movement, breathing and meditation for all round good health. You can start practicing it at any age and continue practicing, modifying the movements and the breathing practices to suit your needs. My students range from their forties, through to their seventies and eighties. Sometimes it can be challenging, but it's relaxing too. Everything we do helps to keep the body and mind healthy.

It is a great pleasure to be using our village hall and I appreciate the recent improvements including the blinds, chairs and kitchen facilities. I am grateful for the heating in the hall especially first thing in the morning. This is partly because we practice with bare feet and, also, being warm means the muscles are warm and we can enjoy the movements and not injure ourselves, which can happen in a cold environment.

I am happy that there is a new yoga teacher who runs two yoga classes on a Saturday morning.

I don't like big classes and do restrict my numbers. I have reasonable numbers in both classes and have just put a half page advert in the Denswood Parish magazine. This also advertises my lovely Monday evening yoga class in St Michael's, which generally suits people who work. I occasionally advertise on local Facebook pages, although most of my students are recommended by word of mouth. I happily accept students of any age, or gender to the class, so just let me know if you'd like to know more.

Thank you. Diane