



Stoulton  
Tues  
morning

Pershore  
Weds  
morning

Pershore  
Weds  
evening

Little Comberton  
Thurs morning

Meditation  
Group



Hello Students

It's great to be back! Thank you to those of you who have ventured back out to join a yoga class over the last few weeks. We have had a steady trickle of returners with some classes now nearly full, in post-Covid terms that is. If you have not yet found the confidence to return then it may reassure you to know that there will be at least 2m between you and the closest attendee in the class and we are wearing masks to move around the room. Doors and windows are open too so there is plenty of fresh air.

The new booking system is doing a good job of making sure that class numbers are kept at a safe level. In case you didn't realise, the confirmation email that you receive contains a link to your booking; from here you can transfer your class 'ticket' to swap to a different class (of equal or lower price) if you would like to. Also, if you are going to have to miss a class then there may be a Zoom recording that you can have access to instead - just email and ask me to send it to you.

Over the last few weeks we have revised some yoga basics such as *Ahimsa* (non-harm) by respecting the body's needs and taking modifications of movements and poses where necessary, resting appropriately and using support where it would be helpful. We have considered the need to find a balance between *Sthira* and *Sukkha* (strength and comfort) by letting go of unnecessary effort while maintaining the integrity of our posture. Going forward into the autumn we will look in more detail at body architecture and how awareness of somatic sensations can assist us in finding a settled state of mind.

If you would like to book in for October it couldn't be easier! Simply use the buttons below to click on the appropriate links and follow the instructions on the booking system. If you would prefer not to pay by card then you can make a bank transfer to me and I will book you in myself (email me to let me know).

Finally, I tend to put notices (for instance to remind you when there is no class that week, or about the meditation group meeting) on Facebook and on the WhatsApp group chat.

If you would like to follow/join then click on the buttons below. As ever, if this newsletter is no longer of interest to you then you can unsubscribe using the button at the bottom of this page.

Namaste

Lucy

Facebook Page

WhatsApp Group

**Stoulton**  
**Tuesday mornings 09:30 - 11:00**

Dates for October: 12/10/21 - 26/10/21

More information about Tuesday mornings at Stoulton

Book Tuesday mornings at Stoulton

Book Tuesday mornings on Zoom

**Pershore**  
**Wednesday mornings 09:30 - 11:00**

Dates for October 13/10/21 - 27/10/21

More information about Wednesday mornings at Pershore

Book Wednesday mornings at Pershore

Book Wednesday mornings on Zoom

**Pershore**  
**Wednesday evenings 19:00 - 20:30**

Dates for October 13/10/21 - 27/10/21

More information about Wednesday evenings at Pershore

Book Wednesday evenings at Pershore

Book Wednesday evenings on Zoom

**Little Comberton**  
**Thursday mornings 09:30 - 11:00**

Dates for October: 14/10/21 - 28/10/21

More information about Thursday mornings at Little Comberton

Book Thursday mornings at Little Comberton

**Meditation Group**

Date for October: 18/10/21

## Book Meditation Group on Zoom

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