



Stoulton
Tues
morning

Pershore
Weds
morning

Pershore
Weds
evening

Little Comberton
Thurs morning

Meditation
Group



Hello Students

In yoga thinking the interconnected nature of all things is an important principle. It means that every action we take, every word we speak has effects that ripple out into the world around us, often having far-reaching consequences. In our own small way, we have been studying connections within the physical body by looking at how lines of transmission along certain meridians can work to our advantage if we understand them. We have seen how the skull is connected to the soles of the feet and how imbalances anywhere can show up somewhere else along the same 'line'.

In our breathwork practice we have been working to extend the range of the breath in order to encourage a fuller, deeper breath and a more efficient exchange of air in the lungs - a desirable outcome for health.

If you would like to join us for December then click on the buttons below for links to the booking system. Alternatively, I can book you in myself once you have made payment (please email me first to check that there is a space for you).

As Christmas approaches, please consider asking Santa for any yoga equipment that you need. I used to lend equipment but given the current situation with Covid and other viruses at present I can no longer do this. In my own kit my most important items of equipment are:

- Mat - a yoga mat will be thin; thick ones are hard to balance on
- Blanket - for warmth but also to fold and put under the body sometimes
- One or two hard bricks - for support and elevation
- One or two thin soft foam blocks - so many uses!
- Strap - useful for looping around a foot etc
- Bag to carry it all in

The bricks and blocks together can be used to sit on, or you may prefer a dedicated cushion.

I look forward to seeing you in December. Please remember to wear a mask while entering, leaving and walking around the room. And please wear layers so that we can continue to keep windows open a little for ventilation.

Namaste

Lucy

[Facebook Page](#)

[WhatsApp Group](#)

Stoulton

Tuesday mornings 09:30 - 11:00

Dates for December: 7/12/21 - 14/12/21

[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 December: 1/12/21 - 15/12/21

[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 December: 1/12/21 - 15/12/21

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 December: 2/12/21 - 16/12/21

More information about Thursday mornings at Little Comberton

Book Thursday mornings at Little Comberton

Meditation Group

Date for December: 15/11/21

More information about Meditation Group

Book Meditation Group on Zoom

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