

Hello,

My name is Leigh McLellan. I'd like to let you know about my business, Inner Peace Hatha Yoga. I've been practising Hatha Yoga since 1988 and teaching since 1998, including about 14 years in Rugby. I brought yoga onto the timetable at the old Ken Marriott Leisure Centre and have been teaching out of the following three venues for several years.

I believe this style of yoga has many practices to benefit all ages and levels of fitness. We do practices for the body and the mind to help you feel stronger, fitter and calmer more of the time.

I'm passionate about teaching and even decades into my self practice I love the enhanced sense of well being felt after every practice. I'd love for you to feel the benefits too and hope to see you in class soon! Classes resume after summer break from 3 September 2019.

Any queries, email leigh@innerpeaceyoga.co.uk

Thank you,

Leigh



Leigh McLellan

**Monday mornings at OVERSLADE COMMUNITY CENTRE
68 Buchanan Road, Rugby CV22 6AY:**

GENTLE HATHA YOGA CLASS 9.30-11.00am

This class regularly includes chair yoga, minimises sequences and transitions up and down from the floor and offers a more gentle physical practice. Held every term time Monday since 2010! £10/class block booking or £13/class casual drop in. All are welcome.

MIXED LEVEL 'COMMUNITY' YOGA CLASS 11.15-12.30pm

This class began in October 2018 and is discounted with the aim of making yoga more accessible to those on a limited budget. Beginners and improvers welcome; we do a wide variety of physical postures so a reasonable level of fitness is needed. Always £5/class.

**Tuesday evenings at CAWSTON COMMUNITY HALL
Scholar's Drive, Rugby CV22 7GU:**

BEGINNER HATHA YOGA CLASS 6.00-7.15pm

This class presumes no previous yoga knowledge. Started in April 2019. £8/class block booking or £11/class casual drop in. All are welcome. This class is ongoing except during May - July 2020 when I will hold a Yoga for Healthy Lower Backs course in this time slot.

IMPROVERS HATHA YOGA CLASS 7.30-9.00pm

This class has been going since the building opened about three years ago. It presumes a knowledge of the basic yoga postures and requires a good level of physical fitness. From September 2019 this class will incorporate more core strengthening and cardiovascular sequences. It would complement other athletic training and is aimed at those wanting a stronger physical practice. £10/class block booking; £13/class casual drop in.

**Thursday evenings at ST.GEORGE'S CHURCH HALL,
St.John's Avenue, Hillmorton, Rugby CV22 5HR:**

MIXED LEVEL HATHA YOGA CLASS 7.30-9.00pm

This class has been held every term time Thursday night since 2010! Beginners and improvers welcome; we do a wide variety of physical postures so a reasonable level of fitness is advisable. £10/class block booking; £13/class casual drop in.

May - July 2020 at CAWSTON COMMUNITY HALL

**YOGA FOR HEALTHY LOWER BACKS 5.45-7.00pm
(12 week course - May-July 2020) £260**

A very gentle, effective, evidenced-based course aimed at people with chronic or recurring back pain. I've taught ten consecutive YHLB courses over the past three years in small groups of 2-7 people. The next YHLB course will proceed with a minimum of six people enrolled. £60 is payable prior to course start directly to www.yogaforbacks.co.uk for the course materials. £100 deposit is payable to me prior to week one; the balance payable by week four. Further details on my website. Please register your interest early. Maximum of twelve participants. Please read my reviews to see how this unique course has helped others.

First class with me?

Book a £5 trial class via my website:

www.innerpeaceyoga.co.uk/hatha-yoga

Gift vouchers available.

All classes are first come first served.

Book online to reserve your place.

www.innerpeaceyoga.co.uk

