Sunshine and Light Yoga

Range of yoga classes for adults, children, teens and families at Houghton on the Hill and Oadby, suitable for all ages and abilities.

- Sunshine and light yoga classes involve yoga postures, breathing exercises and relaxation and to promote a healthy body and a calm, focused mind.

- The postures aim to stretch out the body, improve strength and flexibility, as well as general fitness and health. The guided relaxation and mindfulness calms the body and mind.

- Classes are suitable for all levels, including beginners and the more advanced, with different postures offered to suit all. All equipment is provided, including mats.

“Claudine is an experienced teacher who is always helpful. She tailors her class so that it is suitable for all levels of ability. Highly recommended!”

Class times are as follows:

Houghton on the Hill Village Hall:
Adults and teen yoga
Mon: 10.30am-12
Tues: 6.45pm-8.15pm
Wed: 7.30pm-9pm

Oadby Yoga and Fitness – Family yoga
First Sun of the month: 10am-11am

Houghton on the Hill Primary School - Children’s yoga  Wed: 3.30pm-4.30pm

For more information please contact Claudine:
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