



# 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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