

Private Tuition Prices

Consultation & yoga practice plan at
24 Grange St, off Fulford Rd, YO10 4BZ

First 60 mins **£40** (then £5 per 10 mins)

To visit you within York Ring Road

First 60 mins **£45**

Block of 5 lessons **£175**

(5 x 1hr + £25 to visit you)

Back care course **£100pp**

(6 x 75mins – see

overleaf for start dates -

else waiting list for when

6+ people book)



Group back care **£100**

(75 mins group class)

Clothing must not restrict movement.

Do not eat for 1.5 hours before a session.

Yoga for Healthy Lower Backs

Relaxation CD £12.99 Book £16.99.

General Relaxation CD £7.50

Gift Vouchers available

Anna Semlyen BWY Dip

01904 654355

07891 989310

anna@yogainyork.co.uk

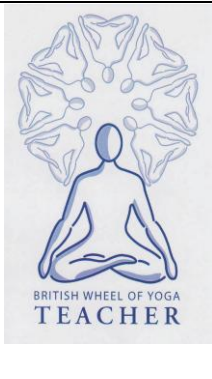
www.yogainyork.co.uk

www.yogaforbacks.co.uk

24 Grange St,

off Fulford Rd

YO10 4BH



Anna Semlyen

BWY Dip, BA (Oxon) MSc
(York)

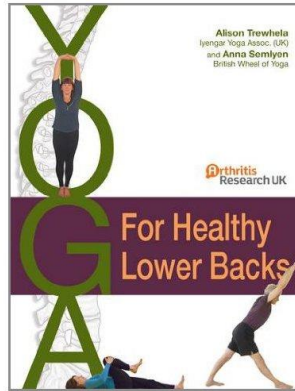
BWY Specialist Advisor
on Back Care &

Therapeutic Research.

Reiki 2,

Ayurveda Health Dip.

Est 1996.



Co-author of
Yoga for
Healthy Lower
Backs book &
Relaxations
CD. As used
in research
proving a 30%
benefit of yoga
versus usual
care

Anna teaches nationally on low back care,
Ayurvedic Constitution and mental health.

IN YORK lessons at Clements Hall, Friargate
Friends Meeting House, St George's School, St
Clement's Church & both
Universities. www.yogainyork.co.uk

www.yogaforbacks.co.uk has back care
resources and a 4 min video.



Yoga in York

Weekly, Private & Workplace

Improve your health through exercise,
stretching, toning, breathing,
concentration and relaxation. Yoga brings
wellness in body and mind. New research
has proven specialist yoga benefits back
function 30% more than usual care.

With Anna Semlyen BWY Dip



**Co-Author of Yoga for Healthy
Lower Backs Book & Relaxations
CD, proven to benefit back
function**

www.yogainyork.co.uk

Why Buy A Private Yoga Lesson?

Because it's quicker than learning in a group!

Transform your energy, peace of mind and life with yoga lessons suited to your constitution and needs. Balanced exercise and relaxation works.

In a 1 to 1 yoga lesson we make a personalised practice plan based on your physical and mental health and goals. This involves postures, breathing, relaxation and concentration.

Low back care, weight loss, mental health, pregnancy and post natal yoga are my specialities. Yoga can relieve many conditions such as asthma, insomnia, headaches, IBS, depression or stress.

Specialist yoga has been proven effective and is better than manipulation, chiropractic, osteopathy, physio, acupuncture or Alexander Technique at improving back function according to University of York research.

Benefits, compared to a general yoga class:

- * Quick benefits as it is client focused
- * Practice is designed for your specific goals
- * Client takes home a yoga plan
- * Raises confidence / paced to suit the individual
- * Therapeutic yoga for healing
- * Timed to fit with your lifestyle e.g. at a weekend
- * Can involve Reiki healing

"I strongly recommend Anna Semlyen's personal yoga lessons. She exudes calm to her clients. I have found relaxation particularly beneficial."
Eva Robards

Workplace Yoga

Studies show that yoga reduces time off work due to backache and stress. Employers or employees can arrange

- * a **one-off session** e.g. staff training day or
- * a **weekly class** e.g. lunchtime

Corporate clients have included:

Both Universities, Nestle, Corus Rail, CPP, DEFRA, The English Language Centre, NCT, City of York Council, Carers Network.

Enquire re costs based on numbers. Classes can be either mat or chair-based.



Relaxation CDs



Relaxation is a wonderful tonic to

- * Relieve pain and soften the body
- * Bring clarity of mind
- * Bring emotional stability
- * Enhance energy and mood
- * Lift depression (especially after active yoga)
- * Boost immunity
- * Increase productivity

"The best feeling I have all week" (after relaxation at back care yoga) - Colin Godfrey

My two Relaxation CDs have 4 digitally recorded, spoken relaxations of 12-16 mins.

Yoga For Healthy Lower Backs CD is £12.99

www.yogaforbacks.co.uk

The Yoga in York Relaxations CD is £7.50 plus £1 p&p to address overleaf



YOGA FOR HEALTHY LOWER BACKS - RELAXATIONS

By Alison Trehwela IYA (UK) and Anna Semlyen BWY Dip



Funded by

Arthritis Research UK

Produced and used in research by

THE UNIVERSITY of York
The Department of Health Sciences

Weekly All Welcome Yoga Classes

Friendly local classes for all abilities with a theme. Handouts for home practice.

Mon 7.30-9pm Clement's Hall, Nunthorpe Rd.
Tue 5.45-6.45pm Friargate Friends Meeting House
Thu 10-11am St Clement's Ch Vestry, Scarcroft Rd

Prices (for 6 week block)

£5.50 p.hr (£33) for 6 x 1 hr, £6.50 (£39) for 90 mins
Drop in
£6.50 for 1 hour, £7.50 for 90 mins Concs - £1 off

Yoga For Healthy Lower Backs

Tue 7-8.15pm Friargate Friends Meeting House
from 7 Feb 2012. £100 for 6 wks pre paid
Money back guaranteed to help.

www.yogainyork.co.uk has maps, links to YouTube videos, FAQs and more.