

## Private Tuition Prices

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

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

To visit you within York Ring Road

First 60 mins **£45**

5 x 1 hr one to one **£175**

12 x 1 hr one to one **£400**

Back care course **£100pp**

(6 classes – see  
yogainyork.co.uk for start  
dates - else join wait list)



Clothing must not restrict movement.

Do not eat for 1.5 hours before a session.

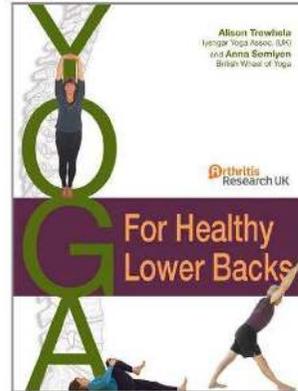
**Yoga for Healthy Lower Backs  
Relaxation CD £12.99 Book £16.99.  
Relaxation with Anna CD £7.50**

Gift Vouchers available

**Anna Semlyen** BWY Dip  
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07891 989310  
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[www.yogainyork.co.uk](http://www.yogainyork.co.uk)  
[www.yogaforbacks.co.uk](http://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,  
Southlands Ch and St Clement's Ch  
[www.yogainyork.co.uk](http://www.yogainyork.co.uk)

[www.yogaforbacks.co.uk](http://www.yogaforbacks.co.uk) has back care  
resources and a 4 min video.



# Yoga in York

## Weekly, Private & Workplace

Learn Effective Yoga that improves your health through exercise, stretching, toning, breathing, concentration and relaxation. Yoga brings wellness in body and mind. Research has proven specialist yoga benefits back function 30% more than usual GP care.

**With Anna Semlyen BWY Dip**



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

[www.yogainyork.co.uk](http://www.yogainyork.co.uk)

## Why Buy Private Yoga Lessons?

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.

**Back care** is my specialty although yoga can help to treat many health problems including reduce stress and is an accessible method of home exercise.

Specialist yoga has been proven effective by University of York research for low back pain sufferers.

Benefits, compared to a general yoga class:

- \* Quicker benefits as it is client focused
- \* Practice is designed for your specific goals
- \* Take 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

*"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

Research shows that yoga cuts sick leave from backache or stress. You can arrange

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

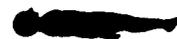
Clients have included:

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 mat or chair-based.



## Relaxation CDs



Relaxation can help to

- Manage pain and soften tension
- Bring clarity of mind
- Bring emotional stability
- Enhance energy and improve mood

*"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](http://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 classes for all abilities with a theme. Handouts for home practice. South Bank area

Mon 7.30-9pm Clement's Hall, Nunthorpe Rd £7  
Tue 5.45-6.45pm Southlands Church £5.50  
Thu 10.30-11.45am St Clement's Ch Vestry  
Nunthorpe Rd - £6.50

**Drop in** + £1.50 i.e.

£7 for 1 hour, £8 for 75 mins £8.50 for 90 mins  
Concessions - £1 off

## Yoga For Healthy Lower Backs

Enquire for start dates or private lessons

[www.yogainyork.co.uk](http://www.yogainyork.co.uk) has maps, links to YouTube videos, FAQs and more.