



WE ARE THE YOGA LIFE STUDIO



07780 535134
info@yoga-life.co.uk
www.yoga-life.co.uk

Yoga
Life
At The Stables

 @yogalifestudio
 @theyogalifestudio

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?'

Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

— **Marianne Williamson**



ABOUT US

Welcome To Yoga Life Studio

Our award winning Yoga Life Studio offers a wonderful variety of classes throughout the day to suit everyone.

We are open 7 days a week, morning till evening.

Unique and exclusive workshops as well as courses are available during the week and weekends.

Our aim is to create a friendly space where everyone can enjoy their own practice in a safe and calm environment. Our friendly Yoga classes focus on removing stress, restoring balance and harmony in body, mind and spirit.

The Yoga classes on offer involve practising traditional **asanas**, as well as combining **breath awareness exercises** with **relaxation** and **meditation**.

You can find our studio in
the Little Chelsea area of Eastbourne.

Our address is:

The Stables, 25 South Street, Eastbourne, BN21 4UP

www.yogaeastbourne.com

WHAT IS YOGA?

*"True Yoga is not the shape of your body,
but the shape of your life.*

*Yoga is not to be performed;
Yoga is to be lived.*

*Yoga doesn't care
of what you have been;*

*Yoga cares about
the person you are becoming.*

*Yoga is designed for a vast
and profound purpose,
and for it to be truly called Yoga,
its essence must be embodied."*

(Aadil Palkhivala – Fire of Love)

The most beautiful part of the yoga practice is that it truly is for everyone. It can become your anchor providing support, it can lift you and hold you and it can help you celebrate when you feel joy. Yoga helps you to explore and get to know yourself and it can really transform your life.

The practice of yoga welcomes everyone in every phase of life. It honours our bodies, it reminds us to breathe, it quietens your busy mind.

Yoga aims to open your body, mind and heart.

You don't have to be flexible to begin, you don't have to change anything about who you are.

Together we will create flexibility, space and strength in ourselves and most of all we will give ourselves permission to feel.

Yoga is not only about the physical postures (asana). These are only the tip of the iceberg. The yoga practice has a deep spiritual component, it is a way for you to know yourself.

The word 'Yoga' can be translated as 'union'

So come exactly as you are...

We are privileged to be a part of your journey!

8 LIMBS OF YOGA

....Little bit of history....

The practice of Yoga began in India 5-10 000 years ago. Its sacred texts were passed down orally. Then in 2nd century BCE a sage named Patanjali created a systematic step by step approach for everyone to attain enlightenment through Yoga. His book, The Yoga Sutras of Patanjali, contains the Eight Limbed Path from which most modern day yoga stems. Each limb is designed to help the practitioner live a more disciplined life leading to a path of enlightenment.

The 8 limbs of Yoga:

Yamas

Niyamas

Asana

Pranayama

Prathyahara

Dharana

Dhyana

Samadhi

YAMAS

Rules of moral code and self discipline for how we carry ourselves in life.

NIYAMAS

Rules of personal behaviour and self purification.

ASANA

Yoga postures

PRANAYAMA

Breath control

PRATYAHARA

Withdrawal of the senses

DHARANA

Concentration

DHYANA

Meditative state, observation, reflection

SAMADHI

State of super consciousness, merging with the divine

(We study these closely during the teacher training)

Yoga is a practice that can deeply change our lives.

It is not surprising that when we scratch the surface of this, when we see how yoga can change our lives, we want to share it with the world.

At the centre of each of our hearts is the desire to be of service.

We want to make the world a better place.



WHAT STYLES WE TEACH AT THE STUDIO

HATHA YOGA

VINYASA FLOW

BEGINNERS YOGA

PREGNANCY YOGA

RESTORATIVE YOGA

YOGA NIDRA

POST NATAL YOGA

BEACH YOGA

BODY STRONG

AERIAL YOGA

REIKI HEALING

CIRCUS SKILLS

HATHA YOGA

Hatha Yoga is the most popular branch of yoga in the Western world.

The term Hatha when broken down means sun and moon, Ha is sun and Tha is moon.

Hatha is a type of yoga that focuses on the physical practice which helps to control the mind and then leads to the more spiritual practice and meditative state.



VINYASA FLOW

Vinyasa Flow Yoga is the harmonisation of breath combined with movement as we flow from one asana to another; suitable for all levels. Students are encouraged to practice at their own pace and be 'in the moment'. Modifications and variations are offered as well as more challenging asana for those who dare to take themselves to their 'edge' and beyond. Classes include pranayama, classical asana and conclude with relaxation.



BEGINNERS YOGA

Step out of busyness and into blissfulness, in a world where we never stop. Be kind to yourself and take time out of your week to breathe and find your inner calm. In our beginners classes we take everything right back, learning the postures and origins of the poses and all the benefits they give us along the way. If you are a complete beginner or someone that wants to revisit the foundations of the postures then this is the class for you. We firmly believe yoga should be accessible for everyone and it's about finding your own journey with yoga and what you need from it.



BODYSTRONG

BodyStrong aims to build your whole body strength, coordination, and awareness.

It is designed to be accessible to everyone and no Yoga experience is fine. It is a challenging but effective class. You will definitely feel stronger and more open in your body just after 60 min class.



PREGNANCY YOGA

Take time out to connect and bond with your unborn baby, while learning invaluable tools to help you through pregnancy, the birth and beyond. A holistic approach to pregnancy yoga, working on the physical and emotional need of the expectant Mum. The class is suitable for beginners but will also appeal to people that have an existing yoga practice. The class offers a balance of breath work, stretching, postures and cool down /relaxation with the added bonus of meeting and bonding with other pregnant women.



POST NATAL YOGA

Bring your baby or toddler and come to this supportive and relaxing class. Yoga is a wonderful way to look after yourself in the months before and after birth. It brings a sense of well being and equilibrium, alleviates tiredness and aches and pains, maintains good posture and reminds you to relax. It is perfectly natural for you, as a new mother, to devote most of your time and energy to caring for your new baby and this can leave you feeling drained and overwhelmed at times. These classes aim to regenerate your flagging energy and provide time for you to nurture yourself. We practice mindful breathing with yoga postures that gently stretch and rebalance the body, undo tension and combat fatigue.



RESTORATIVE YOGA

Using bolsters, eyes bags and blankets, this supportive class offers gentle flowing postures, meditations and Yoga Nidras for physical and mental restoration.

The postures are mainly floor based and held for longer periods of time. Focus is on slowing down and resetting physically, mentally and emotionally incorporating mindful breathing and meditation. A class suitable for all levels and all bodies with no previous experience required.



YOGA NIDRA

Are you tired and just need to really relax?
Do you need some time just for you to switch off from the stresses of modern life and just rest?

Then this is a perfect class for you.

Nothing is expected of you, just come and lie down and let yourself be guided into a deep sense of relaxation. Practicing just 30 minutes of Yoga Nidra (meaning Yogic Sleep) is said to make you feel like you have slept for at least 2 to 4 hours.

There is no physical movement involved.



BEACH YOGA

*Our unique yoga class that takes place all year round
on the beach in Holywell.*

*Absolutely everyone is welcome, no experience
necessary.*

*The class has a great community vibe and the yogis
often share a hot drink in the beach café.*

Please bring a mat or blanket



AERIAL YOGA

*Literally hanging from the ceiling!
Using our comfortable silk hammocks you will explore
a variety of yoga moves suspended in the air
or floor based using the swing as a prop.
Amazing for stretching the spine and the entire body
whilst supported and held. It is easier than you think
and a great fun! A fab hang out for everyone..*



REIKI

Reiki is a form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing or hands-on healing through which a universal energy is being transferred through the palms of the practitioner to the client in order to encourage emotional or physical healing.



CIRCUS SKILLS

Sweet Circus CIC is a non -profit organisation providing opportunities for people of all ages, backgrounds and abilities to benefit from engagement in circus play and learning circus skills.



USEFUL INFO

What to wear to practice Yoga

Anything you like as long as it is comfortable! Yoga leggings or tracksuit bottoms with a comfy top. We usually practice with bare feet

How to find the right teacher

A teacher that is right for you is someone you resonate with, who makes you feel safe and at ease. Try different classes and a variety of our teachers to get a good feel of which teacher is the best for you (we all have slightly different styles and personalities 😊)

What class to start with

There are many styles of classes and so much to choose from. Try various styles and teachers and find out what it is that you need. For a dynamic style of practice try Vinyasa Flow or BodyStrong, if you are looking to wind down and de-stress then restorative and gentle hatha class might be for you. Try as many styles as you like and make your practice exactly what you need it to be, every day.

How many times per week

Aiming for a daily practice is great! But perhaps more realistic for most is 2-3 times a week, even if only for a 20 minute practice. If you can only practice once a week that's still great!

Happiness is like a butterfly.
The more you chase it
The more it will elude you.
But if you turn your attention to other things
It will come
And sit softly
On your shoulder....



OUR TEAM

Eva Kristlova

Studio owner

Yoga Teacher (BWY)
Hatha Yoga, Aerial,
Restorative, Yoga Nidra,
SUP, Outdoor yoga
adventures. Basically all
to do with yoga and the
studio!



Wenche Beard

Founder

Senior Yoga Teacher
(BWY) living and
teaching in Norway and
worldwide.

Yoga Life Teacher
Training leader.

Aggie Zadanska-Draper

Chillout Yoga teacher
Focusing on alignment
and accessibility of yoga
practice to all.

Monday pm



Alice Veasey

Qualified Pre-natal
and Post-natal Yoga
teacher also teaching
Children's Yoga and
Family Yoga. Tuesday
& Thursday



Angela Whimpenny

Hatha Yoga for all
abilities – Set Up your
Sunday class on
Sunday am



Chantell Jenkins

Beginners Yoga on
Friday pm – suitable
for complete
beginners and beyond



Claire Long

Reiki Master offering
healing sessions and
aromatherapy
massage by
appointment



Connie Lodwick

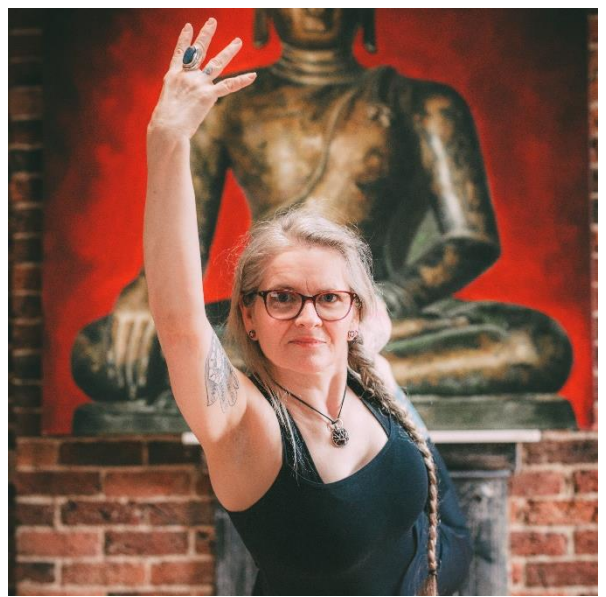
Vinyasa Flow teacher
delivering classes
throughout the week,
afternoons and
evenings



Fiona Daly

Vinyasa Flow teacher
focusing on dynamic
flowing sequences
and long relaxation.

Wednesday pm



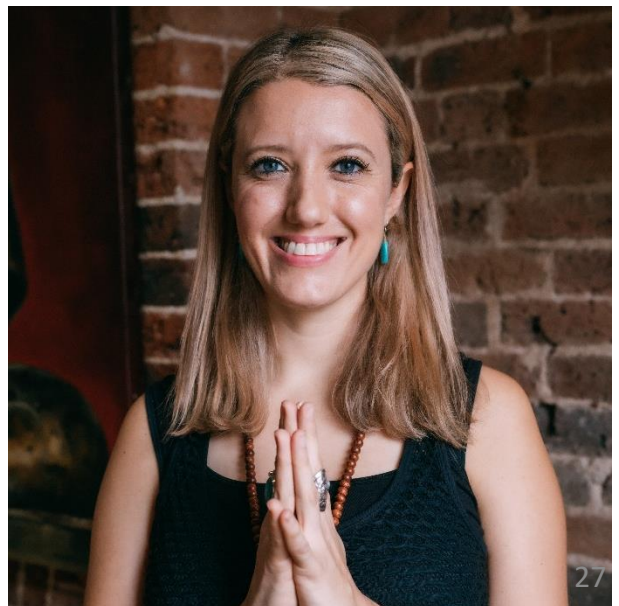
Francesca Murrell

Slow Flow Yoga class,
gentle with restorative
elements, suitable for
all. Tuesday pm



Georgina Warrick

Teachers Yoga Nidra
classes and Gentle
beginners style Hatha
Yoga. Tuesday &
Thursday pm



Jon Stone

Beginner style teacher
delivering gentle
classes on Monday
lunchtime and
Thursday am



Kat Salter

Our powerhouse,
teaching BodyStrong
and Power Yoga on
Thursday am



Laura Hall

Our Running Yogi,
teaching beginner
style class on Sunday
pm



Lucy Miles

Flow and Glow
teacher who will wake
you up on Saturday
morning



Miz Wells

Brought Sweet Circus
to the studio, circus
skills for children of all
ages. Wednesday &
Friday

Olga Oakenfold

Energising Hatha
Yoga teacher, leading
you on Monday
morning



Ruth Price

Teaching Beginners
and beyond class
suitable for all on
Wednesday pm



Safia Bowley

Gentle Hatha Yoga
teacher delivering
classes on Friday am



Sarah Alice Lee

Teaching Slow Flow
Yoga class on Monday
pm (once she is back
from maternity leave)



Sunny Peta

Sunny teaches
Ageless Mobility Yoga
for our older
yogis (55+) on
Monday mornings



Tanya Davis

Gentle and Restorative
yoga classes on
Saturday am

Alli Stevenson

Beach Yoga in
Holywell
Mon + Tues AM
Thurs PM



Ashley Walker-Carter

Mindful Movement
and Meditation
classes

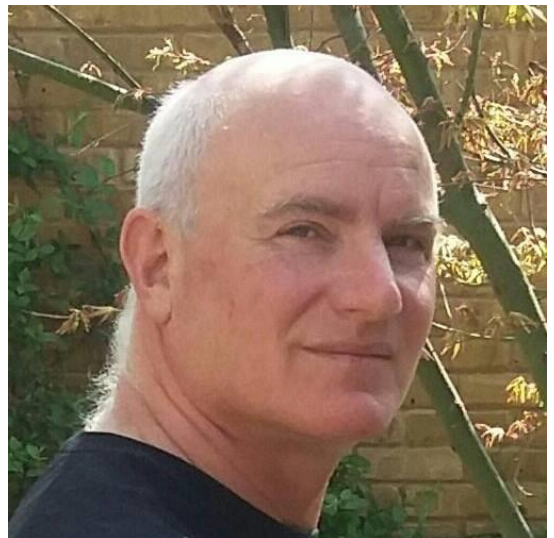


Bryony Adamson

Rise and Shine
Morning Yoga classes
Tues/Wed/Thurs AM

Nick Neter

Qi Gong classes on
Monday afternoon



GUEST TEACHERS

David Sye

Yoga elder, Delivering
Yogabeats workshops
and Training, Revealing
Breathing



Penelope Coomber

Yoga Sutras of
Patanjali, Meditation,
Chanting specialist



Sonal Thakrar

Strong Flow classes
focusing on alignment,
mythology and yogic
principles (Kleem)



GUEST TEACHERS

Mel Hutton

Yin Yoga and Chakra
Flow teacher



Sian Amy Willett

Kundalini Yoga
teacher

Zoe Carroll

Yoga teacher, Anatomy
& Physiology Specialist,
Mindfulness and
Wellbeing coach



TIMETABLE

Monday

9.15am – 10.15am	Monday Morning Yoga Fix with Olga £8.50 drop in or £48/6	Olga
11.00am – 12.30pm	Ageless Mobility Yoga (55+) Slower pace, modifications, £8	Sunny
1.00pm – 1.45pm	Lunch Yoga Drop in £6	Jonathan
5.00pm – 6.00pm	Beach Yoga £5	Alli
7.30pm – 8.30pm	Chill Out Yoga £7 Drop in	Aggie

Tuesday

8.00am – 9.00am	Beach Yoga	Alli
9.30am – 10.45am	Yoga for Everybody (all abilities) £8.00 drop-in	Eva
11.15am – 12.15pm	Mummy and Baby Yoga £8 or £42/6 – Term time only	Alice
4.30pm – 5.30pm	Energising Vinyasa Flow £7 drop in	Connie
6.00pm – 7.00pm	Slow Flow for Beginners & Beyond Drop in £7 or £50/10 weeks	Francesca

Wednesday

9.30am – 10.30am	Beach Yoga in Holywell Outdoor Yoga, donations	Eva
9.30am – 10.45am	Reiki Healing / Aromatherapy Massage Book on 07982 119519	Claire
10.45am – 11.45am	Sweet Circ-Ed Minis Home-ed class, £45.50 for 7 weeks	Miz
11.45am – 12.45pm	Sweet Circ-Ed Juniors Home-ed class, £45.50 for 7 weeks	Miz
1.00pm – 1.45pm	Lunchtime Yoga – drop in, £6	Eva
6.00pm – 7.15pm	Beginners Yoga 6 week blocks £45 or £8drop in	Ruth
7.30pm – 9pm	Vinyasa Flow (all levels) Breath & movement towards dynamic asana, £8 drop in	Fiona

TIMETABLE

Thursday

9.45am - 10.45am	Back2Basics Yoga	Jonathan
	Gentle Yoga suitable for beginners, £7	
11.15am – 12.15pm	BodyStrong	Kat
	Whole Body Strength/Flexibility Workout £7 drop in	
1.00pm – 3.00pm	Reiki Healing / Aromatherapy Massage	Claire
	Book on 07982 119519	
6.00pm – 7.00pm	Beach Yoga	Alli
6.30pm – 7.30pm	Pregnancy Yoga	Alice
	Drop in £8 or £42/6	
7.45pm – 8.45pm	Yoga Nidra	Georgina
	Cake & Kindness for stress relief Drop in £8.50	

Friday

10.00am – 11.00am	Gentle Hatha Yoga – Let go of the week	Safia
	£8.00 drop-in £28/4	
1.00pm – 1.45pm	Lunchtime Restorative Yoga	Eva
	Restore & relax; £6 Drop In	
2.00pm – 2.45pm	Yoga Nidra - Meditation, Relaxation & Breath	Eva
	Peace and tranquillity, £6	
5.00pm – 6.00pm	Circus Monkeys – Mixed Aerial	Miz
	Age 5-15, £45.50 for 7 weeks	
6.30pm – 7.30pm	Beginners Yoga	Chantell
	£7 drop in / £40 for 6 weeks block	

Saturday

9.00am – 10.30am	Flow & Glow Yoga	Lucy
	Strong and slow Flow class, £8 drop in	
1.00pm – 2.00pm	Community Yoga	Various
	Donation class, proceeds to charity	

Sunday

9.00am – 10.00am	Setup your Sunday Yoga	Angela
	Yoga for All abilities, £7 drop in	
11.15am-12.30pm	Yoga for Everybody (all abilities)	Eva
	£8 Drop In	
1.30pm – 5.00pm	Reiki Healing / Aromatherapy Massage	Claire
	Book on 07982 119519	
6.00pm – 7.00pm	Beginners Yoga	Laura Hall
	£7 drop in	
7.30pm – 8.30pm	Flow & Unwind	Connie
	£7 drop in	

TIMETABLE

Please note that the timetable can change slightly, so for the most up to date version head to our website

www.yogaeastourne.com/classes

We also run and host a wide variety of yoga related events

Please check the schedule here:

www.yogaeastbourne.com/events

Enquires and bookings:

info@yoga-life.co.uk

07780 535134 (Eva)



WORKSHOPS

We run and host a wide variety of not only yoga related events throughout the year, typically on Saturdays and Sundays.

From Acro yoga, Anatomy workshops, Philosophy events to Bollywood Dancing and Meditation. So much to chose from!

Please check the schedule here:

www.yogaeastbourne.com/events

Enquires and bookings:

info@yoga-life.co.uk

07780 535134 (Eva)



ONLINE CLASSES

For all online classes log in details email info@yoga-life.co.uk

Monday:

- 10.30am Energising Morning Yoga with Olga
- 11.00am Ageless Mobility Yoga for Elders with Sunny
- 6.30pm Gentle Yoga and Relaxation for Inflexible People with Georgina
- 7.30pm Chill Yoga with Aggie

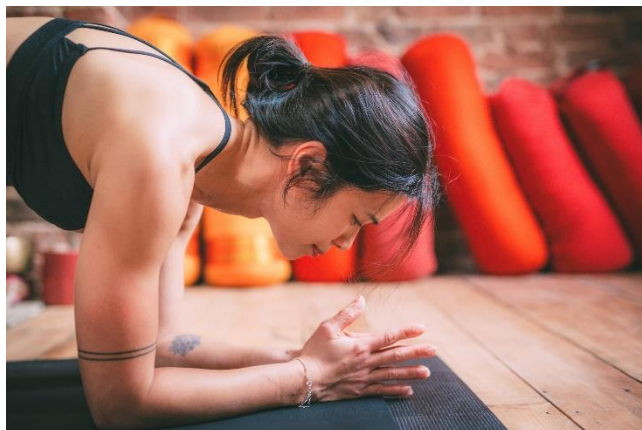
Tuesday:

- 9.30am Gentle Yoga with Eva
- 6.00pm Slow Flow with Frankie
- 6.30pm Gentle Postnatal Yoga with Alice
- 7.45pm Flow Yoga with Alice

Wednesday:

- 9.30am Flow and Restore Yoga with Sonal
- 1pm Lunch Yoga with Eva
- 6pm Yoga for All Abilities with Angela
- 8pm Bedtime Yoga for All abilities with Chantell

*



ONLINE CLASSES

Thursday:

- 5.30pm Yoga Nidra for Stress Relief with Georgina
- 6.30pm Yin Yoga with Mel
- 6.30pm Pregnancy Yoga with Alice
- 8.30pm Bedtime Yoga Nidra to aid sleep with Georgina

Friday:

- 9.00am Vinyasa Flow with Connie
- 10.00am Gentle Hatha Yoga with Safia
- 12.45pm Restorative Yoga with Eva
- 2.00pm Yoga Nidra with Eva
- 7.00pm Beginners Yoga with Chantell

Saturday:

- 9.00am Flow & Glow Yoga with Lucy
- 11.00am Rest and Digest Yoga with Tanya
- 1.00pm Community Yoga with various teachers

Sunday:

- 9.00am Set Up Your Sunday Yoga with Angela
- 11.00am Yoga with Eva
- 6.00pm Beginners Yoga with Laura
- 7.30pm Unwind and Flow with Connie

TERMINOLOGY

You will hear our yoga teachers using Sanskrit terminology.
Here are some common posture words to help you out:

Balasana	Childs Pose
Bhujangasana	Cobra
Adho Mukha Svanasana	Downward facing dog
Tadasana	Mountain pose
Virabhadrasana	Warrior
Utkatasana	Chair pose
Garudasana	Eagle pose
Natarajasana	Dancer
Malasana	Yogic squat
Vrksasana	Tree pose
Trikonasana	Triangle
Navasana	Boat pose
Ustrasana	Camel
Sukhasana	Easy pose
Pashimottanasana	Seated forward fold
Dandasana	Staff pose
Matsyasana	Fish pose
Savasana	Corpse

TASK: Listen to your teachers – what other Sanskrit words can you identify and for which postures?

And here are some other Sanskrit words to know:

Ahimsa	Non-harming
Ananda	Bliss
Asana	Posture
Ayurveda	Life science
Bandha	Lock/seal
Bhakti	Devotion
Chakra	Energetic centre/wheel
Dharma	Divine law/duty
Dhyana	Meditation
Drishti	Point of gaze
Karma	Action/destiny
Kundalini	Spiritual energy
Mandala	Circle
Mudra	Seal/gesture
Namaste	The light in me sees and bows to the light in you
OM	Sound of the universe
Prana	Life force
Pranayama	Breath control
Shanti	Peace
Ujjayi	Victorious breath
Vinyasa	Movement with breath

TASK: Listen to your teachers – what other Sanskrit words can you identify and what they mean?

GRATITUDE PRACTICE

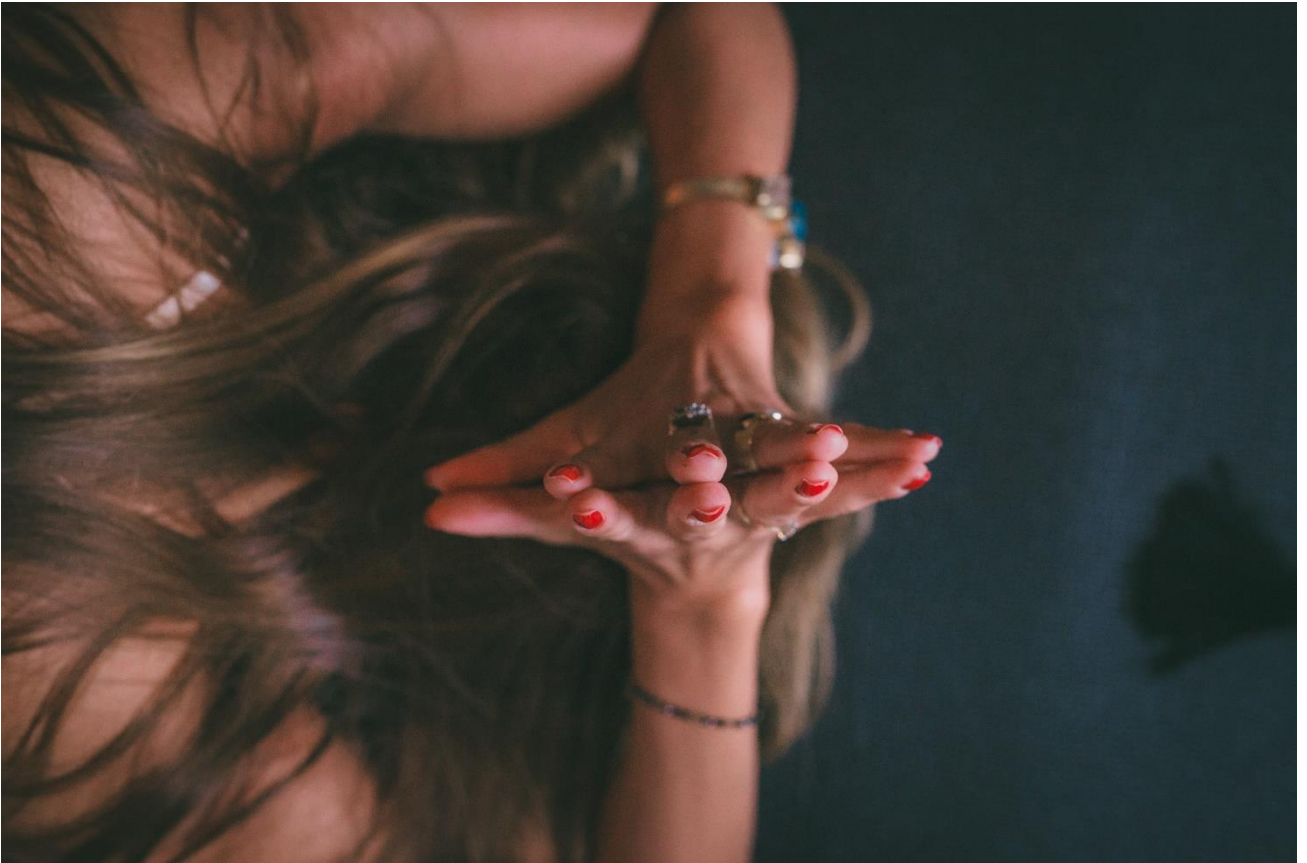
Spend few moments to give gratitude for all that you have in your life, big and small. People, friends, families, pets, food, shelter, health, peace... Each day holds precious gifts – from the air we breathe to the friendships we hold close, there is always something to be thankful for...

What are you grateful for today?

1.....

2.....

3.....



PROPS

If you have a body, you have all you need to practice yoga! The props can help you along the way – these you will find at the studio:

***Yoga Mats** (your magic carpet)*

***Yoga Blocks** (to provide support)*

***Straps** (to help you create more space in your body)*

***Blankets** (to provide padding and keep you warm)*

***Bolsters** (to support your body in restorative poses)*

***Eye Pillows** (to help you relax)*



BREATH

*In our ever changing lives
The only constant is the breath.
Wherever we find ourselves along our path,
Whatever the circumstances
Whatever the nature of the changes around us,
The breath is always there.
... our life partner*



ASANA

Physical postures

In the yoga class a wide range of postures is covered

Forward bends

Back bends

Spinal twists

Side bends

Neutral spine

Inversions



RELAXATION

Relaxation is delivered mainly at the end of the class in Savasana (Corpse pose) and sometimes also at the beginning of the class. In relaxation you let go of any physical and mental activity and let your body rest and receive all the benefits of your practice. The teacher will guide you verbally or might let you relax in silence. This is a much needed treat and reward for all your work on and off the mat. In today's busy world an absolute must have.



MEDITATION

Meditation is a wonderful tool that is proven to help us de-stress and bring about a sense of overall wellbeing.

It relieves anxiety, enhances self awareness, brings about focus, sparks creativity.. There are many more benefits. Meditation takes patience and practice.

Sitting in silence can be challenging but most of us need this quiet time of reflection more than physical practice. Let your meditation practice become a circle of coming back to the present moment and your breath again and again. That is the practice.

The quieter you become, the more you can hear... Rumi





Om is a mantra that is often chanted at the beginning and end of yoga sessions.

Om is both a sound and a symbol rich in meaning and depth.

It is said to be both the sound of the creation of the universe, and the sound of silence.



NAMASTE

*My Soul honours your Soul
I honour the place in you
Where the entire universe resides
I honour the light, love, truth, beauty and peace within you.*

*Because it is also within me
And in sharing these things
We are united
We are the same
We are One*

Namaste



CHAKRAS

There are seven chakras, or energetic channels, in the body that are arranged vertically from the base of the spine to the crown of the head.

Chakra means 'wheel' and these wheels represent spinning vortices of energy, measured as electromagnetic force fields within and around all living beings.

Chakras can be thought of as centres of force where we receive, absorb and distribute energy.

When we become imbalanced in a particular chakra, the deficient chakra does not receive appropriate energy and this deficiency can manifest in physical and emotional ways.

Practicing Yoga can help release any blockages and gain a clearer path to higher consciousness and connection. Specific poses are prescribed to balance particular chakras.



CHAKRAS



Muladhara: The Root Chakra Swadhisthana: The Sacral Chakra Manipura: The Solar Plexus Chakra Anahata: The Heart Chakra Thymus: Etheric Heart Chakra Vishuddha: The Throat Chakra Ajna: The Third Eye Chakra Sahasrara: The Crown Chakra

Powers	Chakra	Truth to Uphold	Sound
Crown Spirituality, knowing who you are, letting go, enlightenment, awareness.		Live in the Present Moment Time/Space	Om* Sahasrara
Third Eye Intellect, brain, open-mindedness, divine reason, bigger picture, trust.		Seek only Divine Truth Light/Dark	Aum Ajneya
Throat Self expression, choice, will, follow your dream, faith, trusting life.		Surrender to Divine Will Ether	Ham Vishuddha
Heart Love, forgiveness (does you good), compassion.		Love is Divine Power Air	Yam Anahata
Solar Plexus Personality, self-esteem, gut instinct.		Honor Self Fire	Ram Manipura
Sacral Creativity and sexuality. Power, control, money, relationships.		Honor One Another Water	Vam Swadisthana
Root Family and social belonging. Safety and security.		All is One Earth	Lam Mooladhara

COMMUNITY YOGA

In this day and age there is ever increasing need for bringing people back together, communicating, reaching out and supporting one another. In this fast and often overwhelming world it is so important for us to reconnect with our communities, open our hearts and offer our support to those in need. And in Eastbourne we decided to do this in our own unique, yoga way. Last year we started to run very special Community Yoga classes, where absolutely everyone is welcome and where a fee for the classes is not an issue. People who attend pay as much as they like/can and help our local community and those who will really benefit simply from attending a yoga class. Our caring teachers run the classes for free with all the donations going to our chosen charities or a charity of their own choice. Each week there is a different teacher and different flavour and that also makes this class so special. The feedback from the charities, participants and teachers is so wonderfully positive and encouraging, we are all very proud and privileged to call ourselves community yogis. Recipe for happiness? If you want to be happy, give to others and make them happy.



CHARITIES WE SUPPORT

You Raise Me Up
Raystede Animal Shelter
St Wilfrids Hospice
Warming up Homeless
Ben McNicol Trust
YogaBeats Conflict
Holding Space



INSTAGRAM



@yogalifestudio

Some of our Teachers:

Eva	@evakristlova	Wenche	@wenchebeard
Alice	@yoga_with_alice	Chantell	@yoga.with.chantell
Safia	@safiahelenyoga	Kat	@katherinesalteryoga
Fiona	@fionaflowyoga	Olga	@yogaolgaoakenfold
Laura	@a_running_yogi	Lucy	@turtlemertyoga
Sarah	@yogaandphotography	Connie	@connie.rosex
Frankie	@slowflowyogafrancesca		



FACEBOOK

Please follow our Facebook Yoga Pages

The Yoga-Life Studio [@theyogalifestudio](#)
Yoga Life Teacher Training [@YogaLifeTeacherTraining](#)
Yoga-Life Retreat Holidays [@yogaliferetreatholidays](#)

For latest news, updates and class info

Join our Facebook Group for ONLINE classes info:

Search for: [Yoga Life Studio ONLINE classes](#)



TEACHER TRAINING

'When our Yoga experience becomes so profound that it begins to infuse our life with fresh meaning, we often get inspired to share this goodness with others.

We become yoga teachers.'

- Cyndi Lee



Wenche & Eva

TAKING BOOKINGS FOR 2021

Our life changing and fun filled yoga teaching programme goes beyond the physical postures by exploring the emotional and spiritual aspects of the traditional ancient teachings.

Led by a Senior yoga teacher, Wenche Beard, and assisted by Experienced yoga teacher Eva Kristlova, both qualified British Wheel of Yoga teachers with thousands of teaching hours experience.

Our course allows you to develop your passion for yoga in an inspirational and nurturing environment. The course is registered with the Yoga Alliance Professionals and recognised worldwide.

[FIND OUT MORE](#)



YOGA HOLIDAYS

Egypt



Santorini



YOGA HOLIDAYS

Agistri



Norway



TESTIMONIALS

I found the Yoga Life Studio last year and it was one of the best things I've done. I'm not the fittest person, I'm 50 and in the heavy side, I hadn't done yoga before, does this matter? Absolutely not. I have been made to feel so welcome by all the instructors. There is a variety of classes to suit all, my flexibility, balance and mental health has improved more than I ever thought. Now with recent events online yoga has been sorted and I don't think my mental health would be so good without this. Thanks you thank you to all the wonderful instructors at this time and to Eva for sorting 🙏 - Carolyn

A welcoming haven of calm in a busy vibrant town, the team at Yoga life go above and beyond to ensure they are offering the most amazing classes, workshops, and experiences in town 💙 - Sophie

Everybody can find a class to suit their needs. You will be put at ease and welcomed with a warm heart and understanding unique to this tranquil space. Highly recommend. - Philippa

TESTIMONIALS

Please check all of our testimonials on the [Best of Eastbourne](#) website and if you feel like giving us 'thumbs up' we would be really grateful!



Yoga Life
At The Seables

thebestof
BUSINESS
OF THE YEAR AWARDS 2020

★
HELP US WIN

GREAT OUTDOORS



SUP

Book private SUP (Stand Up Paddleboard) sessions with Eva in the breath-taking setting of Cuckmere Valley near Eastbourne. 1-2 people for private sessions or group session by arrangement.



CUCKMERE YOGA

Enjoy the stunning views over the Cuckmere valley towards the sea , unforgettable sunsets and yoga in the fresh air! Classes run here during summer months, mainly Friday or Sunday evenings. Weather permitting.



YOGA IN THE YURT

Enjoy the beautiful Sussex countryside and yoga in a cosy Yurt, only a stone's throw away from Eastbourne, in Stone Cross. A very special setting on a private farm, with sheep and horses and a bird's song always present.

All year round, yoga by the fire in winter months.



YOGA WITH ALPACAS

Alpaca therapy! A very unique class for all animal lovers on a very special family farm in Selmeston. Alpacas and sheep join our class, with ponies, pigs and chickens checking us out too! Weather permitting, unforgettable experience and lots of fun.



SUN SALUTATION (SURYA NAMASKAR)



SHOP



Gift Vouchers

Vests

Bracelets



www.yogaeastbourne.com/store

GET IN TOUCH

Yoga Life Studio
The Stables, 25 South Street
Eastbourne, East Sussex, BN25 4UP

info@yoga-life.co.uk

www.yoga-life.co.uk

07780 535134 (Eva)



QUOTES



Georgina



The Goal of Yoga (No, it's not the Handstand).

The yoga pose is not the goal. Becoming flexible is not the goal. Standing on your hands is not the goal.

The goal is to create space where you were once stuck. To unveil the layers of protection you've built around your heart. To appreciate your body and become aware of the mind and the noise it creates.

To make peace with who you are.
The goal is to love, well...You.

Come to your yoga mat to feel; not to accomplish.

Shift your attention and your heart will grow.

~Rachel Brathen



Kat

‘The question is: do you allow every ripple of the sea that is this life turn you upside down? Or can you find peace, knowing there is an ocean of calm beneath the surface of your life situation?’

No one is sent by accident to anyone....



Safia



‘Let the water settle, and you will see moon and stars
mirrored in your being’

Rumi



Wenche

' The way to happiness is:
Keep your heart free from hate,
Your mind from worry.
Live simply, give much. Fill your life with love,
Do as you would be done by.'
Buddha

Francesca

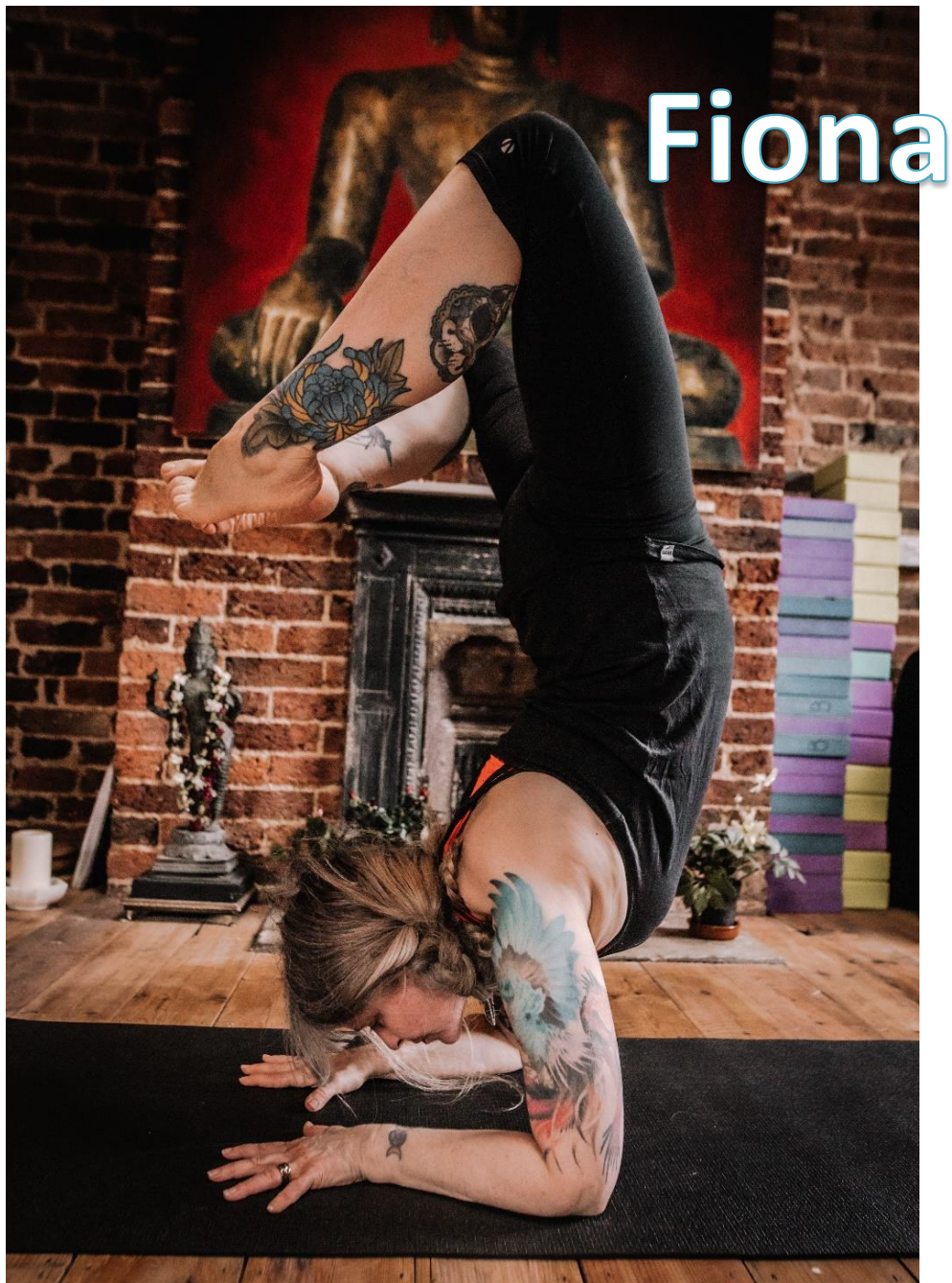


'In order to change the world we must first begin with ourselves. Being of true service requires us to look within and seek out what's needed to heal our own hearts. Healing requires courage – and it means we have to do the work.'

Angela



'Life is a challenge, we must take it.'
Mother Teresa



'Move with love and love will move with you. Give love. Give all you've got. You can never run out.'

*Happiness is letting go
of what you think
your life is supposed to look like
And celebrating it for
Everything that it is.....*



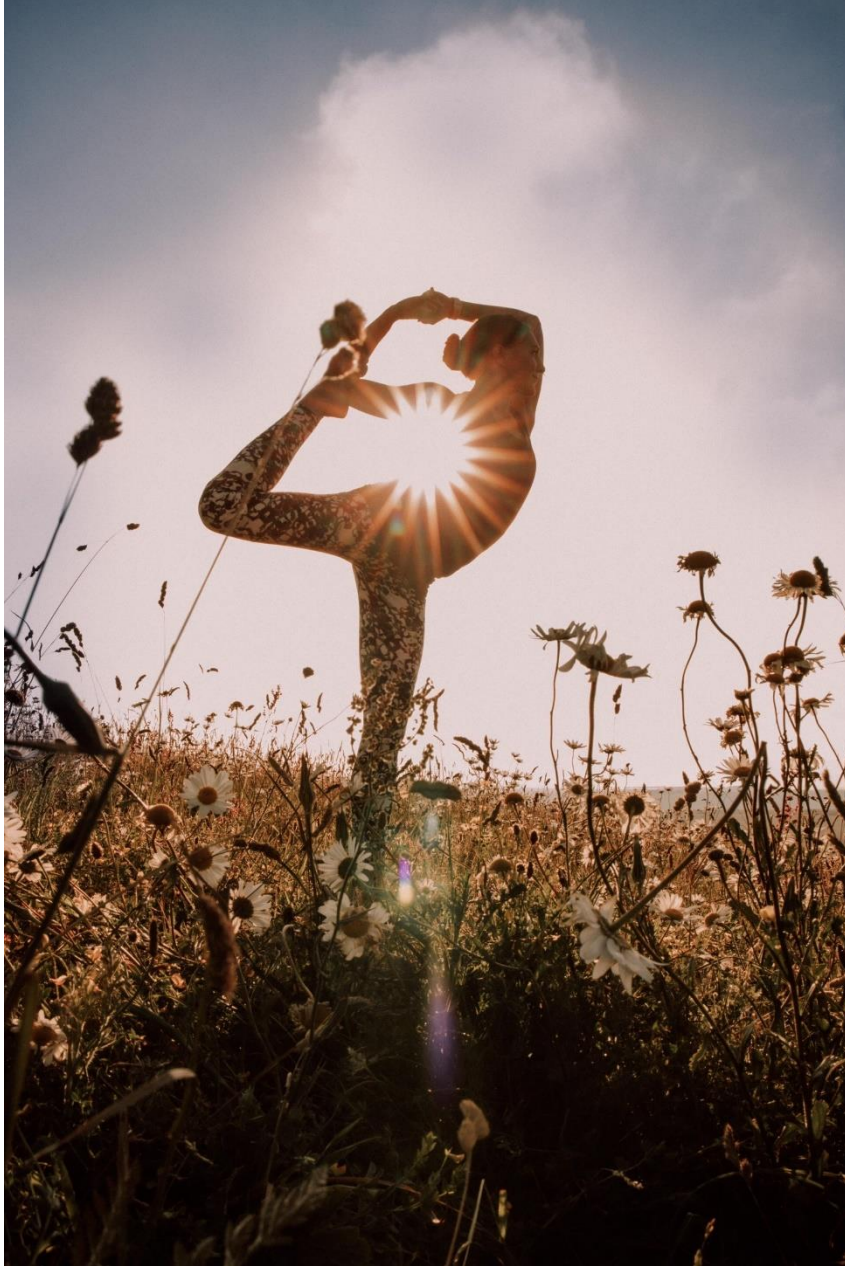


'The First Rule of Kindness is to be Kind to Yourself'

Your life is yours, all yours..
You can turn the canvas into anything that you chose
You are the creator, create
Write from your fire
Colour outside the lines
Paint your kind of picture
Sing your song
Create your desires
Follow your heart
As it always knows the way.....(Deb Mac)



PHOTOGRAPHY



Thank you to our amazing photographer Sarah Carmody
For creating so many beautiful images
www.sarahcarmody.uk/

From our hearts to yours



Namaste

The Booklet created by and property of Eva Kristlova – Yoga Life Studio

www.yoga-life.co.uk
info@yoga-life.co.uk