

SUNNY MIND WELLNESS



Sunny Mind Yoga and Wellness UK

Welcome to February!

Hopefully 2019 is being everything you hoped it would be? With January out of the way and Christmas and New Year are distant memories now is the time when we begin to look towards the warmer, lighter days ... long, cold February days and nights can make life feel like a bit of a drag!!

February, is the month of love and in that vein I propose that we send the 28 days that make up this month a time to learn to love ourselves 1st before everyone else.

The Ancient Greeks believe that there are 6 types of love from Eros (passionate love) to Pragma (love that can only be gained from being in a

CLASSES

MONDAY

9:30 - 10:30am £6.
Scarlsbrick Village Hall

TUESDAY

10:00 - 11:30am.
Chapel Gallery
6:00-7:00pm £6. Aughton Institute

WEDNESDAY

6:15 - 7:15pm £6.
Scarlsbrick Village Hall

long relationship). The one that is long forgotten though is *Philautia*, this is to love, appreciate and honour the reflection in the glass - you.

What's new for you

After many hours, and I stress hours, of hard work I have finally - finally managed to record and upload some yoga classes and core strength classes for you. I decided that in order to get them edited I had to turn the sound off; so hopefully it is ok and Poppy and Daisy are not barking in the background (I was puppy sitting for my mum). Head over to www.sunnymindyoga.co.uk/video-channel

The yoga classes are 1hr, 30 minutes and 20 minutes for those times when you just feel like a quick fix. The core classes are 20 minutes long one is lying and the other is a standing sequence - as always honour yourself when you do them.

I have also designed a free email short meditation course that you can sign up to anytime from 15th Feb.

I have added a members only section to my website that you are welcome to join, it's an add on to the community we have.

I am in the final stages of organising another yoga class that will be in Skemersdale and will be funded by CSI and Active Lancashire. That should be running from March 5th (time TBC).

“Don't change so people will like you. Be yourself & the right people will love the REAL you”



Go to www.sunnymindyoga.co.uk/emailmeditation to sign up for this 4 part course. It includes guided meditation recordings.

ASK...

I would like to pick your brains and ask for some ideas. As the weather gets warmer I run outdoor classes these are 6 week wellness groups and the other is Rabble; which is a group exercise that takes inspiration from youth games e.g. Tig; Capture the castle; British bulldog etc. I usually do it on the Beach but was thinking of bringing it to Scarisbrick and Ormskirk, but I am not sure the best green space to approach so I would value your feedback.

Thank you x