

Specialist Classes

Headstand, Pranayama and Meditation course

HeadstandThe headstand is one yoga's most challenging postures. Sometimes, fear of falling stops one attempting to practice the headstand.Learning to do the headstand teaches one how to confront one's fears and helps in letting go of one's fears.Benefits of practicing the headstand:The headstand lifts your spirits wonderfully when something is dragging you down.

The headstand also makes a marvellous start to the day..It increases the digestive fire, counters depression and fills you with enthusiasm for facing your day.Pranayama (breathing exercise)Most people have forgotten how to breath properly.Pranayama will teach you how to control the breath thus learning how to control your mind.Since your state of mind is reflected in the way you breathe, so too, by controlling the breath you can learn how to control your state of mind.Meditation Meditation teaches you how to keep your thinking as positive as possible especially on days when where your peace of mind is shattered by anger or unhappiness.By using simple techniques you can train your mind to a state of calm and concentration.