

Barbara Ives
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*"Change is the essence of life.
Be willing to surrender what you
are for what you could become."*

- Anon

'Your Health is Your Wealth'
'Yoga For Every Body'

*"When you are kind to the body it
will respond in an incredible way".*

-Vanda Scaravelli.

Yoga is self-enquiry, transformation and integration of mind and body, an opportunity to explore that which is within and discover your true self. Yoga helps you focus your awareness on your bodymind. You are invited to sense and feel. When you make movements and assume postures you are not trying to make your body conform to an external shape or impose anything on the body. Instead, you explore your body and mind from the inside, to find out where the tensions lie. Gradually and patiently with time you will learn how to release them.

Yoga can give you a sense of feeling grounded, balanced and centred. It can help you to relax and sleep well and tackle life's problems creatively. Yoga can give you an overall sense of health and wellbeing and optimism, improving your physical, mental and emotional self. The very act of listening to your body and breathing, of bringing body and mind together, is deeply relaxing and energising. While creating more space in the body, you also create space inside the mind. The normal, constant flow of thoughts is interrupted.

inside the mind. The normal, constant flow of thoughts is interrupted. Even a few minutes of changing your attention level can give you a feeling of rest and renewal.

The yoga postures and breathing, exercises every part of the body (muscles, joints, spine, organs, glands and nerves). They release tension and liberate energy, revitalise and bring clarity, calmness and improved concentration to the mind. Yoga teaches you how to relax to become mindful and present.

Working with the fundamental elements, that are the heart of Yoga: **gravity, breathing and movement**, allows us to cultivate our ability to work from a deeper place within ourselves.

Because we are all unique and have our own idiosyncrasies I offer an eclectic approach to yoga and adapt my teaching to suit my students.

My teaching is bespoke and ranges from gentle relaxing restorative yoga to a more powerful dynamic yoga flow. I teach mindfulness meditation and the accredited 'yoga for healthy Lower Backs' programme.

A typical yoga class includes the following practices; Asanas (postures), Pranayama (breathing), Meditation, Relaxation, yoga nidra (yogic sleep). It is important to build strength and flexibility therefore many of my classes with the exception of the

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*"The hardest challenge is to be yourself
in a world where everyone is trying to
make you into somebody else."*

E.E. Cummings



For further information on classes, workshops, retreats, 'yoga for backs' programme, coaching, talks, presentations, restorative yoga, one-to-one tuition and Nordic walking tuition.

contact Barbara,

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Restorative/therapeutic Yoga

Restorative or therapeutic yoga is in my opinion the most delicious, calming, nurturing form of yoga and is definitely a lesson in 'less is more'. It can be practiced by everybody, and because of its calming effect on the nervous system I would recommend incorporating restorative postures into your yoga practice.

Restorative yoga is supportive and relaxing and includes the use of 'props' to enable your body to be totally supported. Any number of props can be used e.g bolsters, theraband, ball, blankets, chair. Because you are supported by props the body and mind can truly 'let go', there is no 'doing' or 'action' required, you simply allow your body and mind to release and relax. The postures when supported feel, healing and nurturing, restoring your mind and body, physically and emotionally.

The postures are held for a period of time encouraging you to slow down, to relax, connect with your breath, to be introspective and reflective, to face your fears and those things that you may have an aversion to. To move away from over thinking and an overactive mind, to stay in a more neutral, open state, ready to receive and accept intuitive information.

Restorative yoga is for everybody and particularly helpful for those with illness or in recovery or those wanting a gentle supportive practice.

I offer 'yogafusion', a gentle form of exercise and a fusion of yoga and pilates, using various props e.g. therabands, soft ball, yoga strap, blocks and bolsters.

Health and Wellbeing Holistic

Coaching - I am a qualified Health and Wellbeing Holistic Coach, Business Coach and Learning and Development Consultant, Ayurvedic Face lift massage therapist, body ball therapist and Nordic Walking instructor.

I am also a writer and I regularly contribute articles and features for a number of publications, health and wellbeing and yoga magazines.

If you require help and motivation with making, changes in your life, achieving your goals, improving your health and wellness or making that career change I can help you.

*"Yoga is not a religion.
It is a science,
A science of wellbeing,
A science of youthfulness,
A science of integrating,
Body mind and soul."*

- Amit Ray