

Newsletter

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Astrid Willis



New and exciting services available with our Yoga Specialist, Astrid Willis!



With my first newsletter I am pleased to introduce a new series of workshop that will be offered at the centre in West Cross.

The therapeutic and restorative aspect of yoga and mindfulness has been at the centre of my teaching and my practice for a long time. It has often been likened to a tree: growing slowly, it will, if tended well and diligently, bear fruit – patience and knowledge is required, but also the ability to look beyond a bad year – gardeners know that we just had one of those!

They are, however, part of the journey. Good times, bad times – finding the balance and the sense in it all can sometimes be a struggle. And there is strength and comfort in finding out that we are not on our own. That in itself can be the first step towards small and positive changes.

There are four different courses on offer from September:

➤ **Yoga for depression**

This course is designed for people who experience depression, or who have depressive tendencies.

Working with yoga postures and learning breathing techniques will enable students to manage their depression and, over time, improve symptoms like sleeplessness, low self-esteem, fatigue, irritability, anger, frustration etc.

➤ **Yoga for anxiety**

Anxiety, worrying or panic attacks can reduce the ability to lead a balanced and creative life, and reduce choices and options.

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This course will teach students to work with their condition, develop a personal practice based on postures and breathing, and encourage journal keeping as a means of bringing about small, positive changes, and celebrating progress.

➤ [Assertiveness for women](#)

In three workshops, women are invited to discover true assertiveness, and to learn new ways of communicating effectively, in private, social or professional settings.

The course is gender-specific to enable a women to feel comfortable and supported.

There are plans to roll these workshops out for men in 2018 – watch this space!

➤ [Mindfulness for stress management](#)

In these workshops we will discover how mindfulness can help to manage stress, especially when change is happening. Mindfulness techniques will be practised, and journal keeping introduced.

These can be practised at home, at work, during leisure activities – anywhere, anytime. It will transform life experiences, open opportunities, and open up new ways of dealing with ourselves and those around us.

Mindfulness will bring us to the point where we can begin to manage our stresses and our lives successfully.

You can find details of times and cost on the website.

All courses will be repeated in 2018, and each one will be tailored to those who take part.

Let's hope that the rest of August and September brings us all a bit of much-needed sunshine and warmth – and if not – well, I'm sure that one of those glorious Indian Summers Swansea is famous for is only waiting around the corner!

Astrid Willis, August 17

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