

STRETCH | RELAX | MEDITATE

MANTALITY YOGA

ALL ABILITIES WELCOME

Calling all men who would like to learn a physical practice that will broaden their comfort zone, improve their physical health whilst simultaneously improving their mental health.

Over the six classes we can unite as a group of men who are striving to learn, commit, and challenge ourselves without a need for competition.

6 WEEK COURSE: £50

50 MINUTE CLASS & 10 MINUTE MEDITATION
20 MINUTE SOCIAL HOSTED BY STEVIE WARD

MANTALITY APPAREL
TRINITY CENTRE
LEEDS

EVERY TUESDAY
14TH APRIL - 19TH MAY
18.15 - 19.15

ALL EQUIPMENT PROVIDED. WEAR COMFORTABLE, LOOSE FITTING CLOTHES.

BY JOINING THE 6 WEEK COURSE, YOU ARE ENTITLED TO:
10% OFF MANTALITY APPAREL & 30 DAY FREE TRAIL TO THE MANTALITY CLUB

TO ENQUIRE AND BOOK, CONTACT: NATALIE@MANTALITYMAGAZINE.COM

THE COURSE

The course will be lead by Joseph Thomas who specialises in a varied range of yoga techniques and movement disciplines.

Joseph will guide us through a **BOLD** and **GROUNDING** series of movements to find an **ENERGISED** state. The classes will begin with breathing exercises to help centre the mind. Using this place of clarity we will challenge the body to work through strengthening poses that will simultaneously help us expand our range of motion. We will use the power that this builds to achieve full focus within the present moment.

Each class will take the group on a journey through finding clarity of the mind, developing strength, flexibility, and improving balance and posture, which will all be underpinned by our self-discipline, inner wisdom and using yogas core principles of oneness.