

IRONSIDE SPORTS & PHYSIOTHERAPY

YOGA INFORMATION



CLASS DESCRIPTIONS

All Levels

An active yoga practice suitable for both beginners and experienced yoga students. Modifications and variations of poses are provided so students can practice at a level that meets their needs on that day. Props are used to make yoga postures more accessible for students.

Beginners

A slow-paced practice suitable for those who've never tried yoga before or people returning to yoga or recovering from illness or injury. Special attention will be given to getting down and up from the floor safely, sitting and lying comfortably, introducing breathing practices and relaxation. Modifications and variations of poses will be offered so students can practice at a level that suits their needs. Props (blocks, chairs and straps) will be used when needed to make yoga postures more accessible for students.

Chair Yoga

These classes include classical body movements (asanas), various breathing techniques (pranayama), pelvic floor exercises, brain yoga, simple ball games to engage eye and hand coordination plus many more activities. They are also suitable for students recovering from illness or injury. There is no floor work involved. For all classes: Please let your teacher know if you are working around injuries so they can assist you with modifications as needed.

Props and equipment provided

Yoga: Mats, blocks, straps, blankets, bolsters and chairs are provided.

Students are welcome to bring their own props to class.

Wipes are provided to clean studio equipment after use.

Please do not attend class if you:

- are unwell with fever, cough, sore throat or shortness of breath, or
- have had contact with someone who has COVID-19 or is being tested for COVID 19.

Students are welcome to wear a mask if they prefer.

YOUR TEACHERS

MARINA JAMES



Marina is a Yoga Instructor, Counsellor and Mental Health Professional with over 20 years' experience working in wellbeing and mental health.

For the past 7 years, Marina has offered local yoga classes that enable people to cultivate calm, practice mindfulness and connect with their bodies and themselves. Marina's classes are suitable for people with all levels of yoga experience, and she provides modifications to postures and sequences to meet

clients' needs.

Marina's approach is underpinned by considering the body and mind as one integrated whole. She believes that any person can benefit from the whole-body approach yoga offers. Marina is particularly interested to use yoga to enable mobility and balance, practice mindfulness, alleviate stress and tension, and increase awareness of bodily experience.

Marina brings a steady, gentle, accessible and compassionate approach to yoga teaching. She is trained in Dru Yoga (Hatha Yoga), Yin Yoga, Restorative Yoga and Yoga Nidra. She uses techniques from all these styles to deliver classes that benefit body and mind. Marina is a Level 2 member of Yoga Australia.

TRINA ROBBIE



Trina discovered yoga 40 years ago under the tutelage of an inspiring 60 year "young" yoga teacher. Despite a break in her practice to undertake weight training, Pilates and other sports, she was drawn back to the magic of yoga and has embraced it as a life-long holistic practice.

Trina passionately believes that yoga provides the ultimate tonic for life – a philosophy that blends physical, mental, emotional and spiritual well being into one practice that is accessible to everyone. Her classes are varied from week to week, but all will include asana (physical poses), pranayama (breath work), and relaxation techniques. A focus of Trina's classes is working "from the ground up" to

encourage safe alignment and functional movement to deepen our practice and develop strength, mobility and endurance.

Trina is a Level 2 qualified yoga teacher and has completed subsequent training with several internationally renowned teachers across many yoga disciplines. She enjoys teaching Yin yoga, Restorative yoga, Hatha yoga, Yoga for older grownups, Yoga Nidra and community yoga in the outdoors. Trina often incorporates a mix of these styles in her classes. Trina also teaches mat-based Pilates and is continually developing her skills across the yoga and wellness spectrum.

SUZ EDWARDS



Suz is a Level 1 Yoga teacher with the majority of her teaching experience with Yoga styles in Gentle Hatha, Senior's and Chair supported (Yoga for Older Grown-ups), Prenatal (Postnatal), Restorative and Yoga Nidra. She believes in continuous education and has performed further studies with both local and international yoga teachers.

Suz's passion for yoga blossomed after experiencing the benefits the practice brought to her physically, mentally and emotionally during a stressful period of her life. Her curiosity as to why the practice was so effective was a driving force to study, then teach others how they too can improve their health and wellbeing. Recognizing the importance of practices within our society that nurture the nervous system whilst supporting the whole body.

Her compassionate approach encourages students to move with awareness through the asanas (poses), connecting mind, body and breath. Her classes are for all ages and abilities and are delivered in an inclusive and safe environment with a focus on functional movement, balance, breath awareness and relaxation techniques. Modifications are made to cater to individual abilities so that classes are suitable for beginners right through to advanced students. The aim for each class is that students enhance their overall wellbeing, leaving the class feeling stronger and more flexible with a calm mind.