YOGA FAQs

Who is Gentle Somatic Yoga aimed at?

Gentle Somatic Yoga uses therapeutic movements to release muscle tension, dissolve chronic pain, improve flexibility and re-establish good posture. So it's suitable for anyone with aches and pains caused by muscle tension

The class combines Hanna Somatic Education, the Feldenkrais Method and Yoga, increasing range of movement, relieving muscles tension, improving balance and coordination

GSY has helped those who sit a lot, improved posture, relieved neck tension and improved range of movement for many individuals

I offer GSY as a private lesson, in a weekly class combined with Hatha yoga, as a four week course, and as an occasional 2 hour class at Viroga Yoga Studio, 40 Seaview Street, Brighton, 4017

What should I wear for yoga?

Comfortable clothes that allow you to move easily

I've no yoga experience!

No previous yoga experience or yoga clothing required!

I am too sore or stiff to get up and down off the floor

You can do gentle somatic yoga® in a chair