



Yoga classes at Temenos with Charmaine Horsburgh Yoga and Bowspring Teacher

REGULAR CLASSES IN THE TEMENOS LIBRARY

- 1) **Morning Yoga** that focus on conscious movement and mindful breathing.
Hatha Yoga and the Bowspring Yoga alignment classes that take into account the importance of healthy joints and fascial (connective tissue) release.
- 2) **Afternoon Chair Yoga.** An accessible and effective form of yoga to increase strength, flexibility, mood enhancement and general well-being.

Suitable for all ages. Beginners welcome.

Private classes by arrangement.

Tel 082 872 4402



Yoga

Charmaine Horsburgh is a Yoga and Bowspring teacher based in McGregor.

She has a long history in all aspects of Yoga, including Hatha Yoga.

She particularly loves the Bowspring practice because of the way it encourages again and again the expansion of awareness, noticing the body from the inside in the present moment, a movement practice that has been minutely thought through to recognize the curvy, fluid and pliant nature of the body which in turn facilitates the release of the fascial web, (connective tissue) which may through habits and conditioning hold us back from expressing our true nature.

She teaches in person and online, with regular classes at Temenos.

Private classes: By arrangement

Guided Meditation in The Well: By arrangement

She is a long time member of the Yoga Teachers Fellowship of South Africa and a member of the Global Bowspring Teachers network.

For more information: Charmaine Horsburgh 0828724402