



Introduction

Yoga is a way of life, an integrated education system that teaches the mind, body and inner spirit to coexist in harmony, originating in India, its teachings can be traced back to over 5,000 thousands years ago. Yoga is a Sanskrit word that means “unity”; “to unite”.

Yoga improves the health and fitness of our body, mind and spirit. It enables an increased level of flexibility and suppleness in the body, improves circulation, increases concentration, improves our balance and posture and makes us stronger. Yoga is widely recognised as an excellent stress management tool; teaching us to relax, it aids restful sleep and helps foster spiritual peace and contentment. Yoga is a practical aid, enjoyed by people everywhere and by all ages.

Whether you are a complete beginner or an advanced student of many years; whatever your requirement is; to reduce stress, build stamina and strength, loose weight or generally enjoy an overall sense of well-being from regular Yoga practice- I am delighted to work with you. I encourage people to take a course of classes over time as this enables them to enjoy the many benefits of regular practice and provides a solid foundation for further development. With many years of practical experience and teacher training, I tend to integrate techniques and styles from the main traditions of Yoga to provide for the specific needs of the individual or group.

Preparing for class

- **What to bring**
Please use your own Yoga mat if you have one, alternatively a bath towel, which will be used in conjunction with a limited number of Yoga mats available, the towel is for hygiene reasons and your protection only.
- **What to wear**
Wear loose fitting, easy-to-move-and-stretch in clothes, preferably cotton or cotton mix. Also something warm for relaxation time ie socks and a fleece.
- **When to eat**
Avoid a heavy meal prior to Yoga practise and do not eat anything at least two hours prior to practise

Louise's Yoga qualifications

My first teaching qualification was with the Sivananda Yoga centres over 11 years ago. I am a British Wheel of Yoga diploma teacher too and a BWY Foundation Course 1 tutor, a qualified Yoga Therapist after completing a 3-year diploma in Yoga therapy, I am able to work with a number of muscular skeletal issues and other physical problems in addition to general Yoga teaching. I have advanced teaching skills training in Restorative Yoga and Yoga Therapeutics with Judith Hanson Lasater and Donna Farhi (senior Iyengar Yoga teachers) and further qualifications to teach Pre and Postnatal Yoga, this training is with Birthlight with Dr. Francoise Freedman. I am a Doula (birth partner) and have trained in the Marie Mongan method of hypnosis for birth called Hypnobirthing. Certified with Yoga Alliance as a Senior Yoga Teacher (+ 4000 hours of teaching) and a 200 hour accredited teacher trainer, I am also able to teach children.

A bit about your teacher's background

Louise Cashin has practised Yoga on and off for most of her life primarily being interested in it as a spiritual practise. She began practising Yoga asanas- physical postures more seriously following an accident in the summer of 1993, which left her with serious spinal injuries. Thankful to Yoga for helping to re-align her spine correctly, bring strength and flexibility back to her body, she believes Yoga continues to provide her with a sense of general well-being and in the main, an illness free life.

A business degree postgraduate Louise comes from a corporate business back ground- her expertise is in sales and marketing. During the 1990's, Louise worked as a senior executive, for an international technology company. Lots of travel, change and demanding investors. She used her Yoga practise to successfully manage the stresses and strains of this environment. In 2001 she left that environment behind her which gave her an opportunity to consider how she could use her skills and experience in a different way. Throughout this time Louise was encouraged by friends and family to formally qualify as a Yoga teacher and to offer Yoga for all, this she did in 2002.

For more information check out www.yoga-yoga.co.uk



Terms and conditions for private bookings

Every one is busy, juggling priorities and rushing around. I try very hard to accommodate peoples' busy schedules so as to conduct a class at an optimum time for you.

Arranging a class or course of classes

Bookings are normally made and paid for in advance. I will conduct classes in the comfort of your home, a location chosen and paid for by yourself or at Yoga- Yoga in Richmond or Teddington. I quote a fee, which includes reasonable travel cost and time to your home/location within a certain radius. However, should your home/location fall outside of that radius then relevant charges would be added. The fee is for one to one training or training a couple

Also, a fee per session will normally be charged in addition for the following: -

- Prior to 8 am start
- Post 8 pm start
- Additional people 3- 8 (over 8 is a different arrangement)
- Weekends/Bank Holidays
- Long distance travel

Clients will pay for any parking or congestion charges, unless otherwise arranged.

If you need to cancel your booking please ensure you give a minimum of 48 hours notice otherwise a cancellation fee will apply.

Cancellation Fees

Unless extreme circumstances prevail I will charge cancellation fees

- < 48 hours but > 24hours notice 50 % of the class fee will apply
- <24 hours notice the full class fee will be charged

Please note that it is your responsibility to let me know as much detail about your state of health as possible. It is very important that you tell me if

- You are pregnant
- Are asthmatic, suffer from angina or high blood pressure, diabetic or epileptic
- You have any injuries or have recently had an operation
- Are on any medication



Yoga-Yoga

Breathing, Relaxation & Exercise

Name & Address:

Telephone:

Business

Home

Mobile

Occupation:

Age:

Medical History:

Any injuries?

Current medication

What are you hoping to achieve through Yoga practice?

What are your timescales?

For pregnancy bookings, how many weeks are you currently and what is your estimated due date?

Bookings