

## **New Yoga Classes at VIYETT/Hampton Yoga Centre starts 8th October 2015**

### **Hatha Core Yoga Thursdays 7.30-9.00pm**

Integrate your entire body with focused movements from your core. A great class to build low-back and abdominal strength. Find balance between effort and relaxation in a class that combines the strength of held postures and the serenity of breath-directed movement.

### **Yoga Teacher - Sharon Gales – Biography**

Sharon brings more than a decade of experience as the creator of Dare2bfit. Sharon possesses a well-established, professional working knowledge and expertise in the provision of fitness & well-being services, backed by continued education in health with an emphasis on yoga.

She is passionate about providing the very best experience for students & is committed to further enhancing & developing the culture & spirit of yoga in the classes and workshop she teaches.

A yoga devotee, she regularly presents workshops, short courses and attends wellness yoga retreats in South East Asia. Her yoga knowledge and wellness passion has culminated from years of experience and continued learning from leading global industry experts. Sharon holds a Diploma of Yoga Teaching, Certificate II & IV in Fitness, a qualified Personal trainer, senior first aid and Pilates teacher.

