



Mental Health Awareness - Yoga with Smita Raja

Mental health issues are rising due to fast-paced and stressful lifestyles, causing many physical and mental health issues. There is a significant increase in depression, anxiety and feelings of loneliness. Yoga helps to rebalance and reduce physical, mental and emotional tension. Most importantly it helps to cure the root cause of illness rather than just fixing the symptoms. Smita will share some yoga postures, breathing exercises and meditation techniques to help release physical and mental tension.

FAQ: What is Yoga?

The Sanskrit word Yuj means to unite, Yoga means the union of body, mind and spirit. It is a cleverly designed system for the wellbeing of body, mind and soul -Physical exercises for the body, breathing exercises for calming the mind and body and meditation to tap into subconscious and super conscious levels of the mind!

What type of Yoga does Smita practice?

Smita is trained in Hatha, Ashtanga and Kundalini Yoga so classes will be a Fusion of the three styles.

Is it suitable for all?

Yes, whether you are a beginner, intermediate or advance, the classes are suitable for all as modifications given for all levels.

What if I have any injury or illness?

Modifications given for any pain/restrictions for knees, lower back, hamstrings, neck and shoulders. For any other issues please let Smita know.

A little bit about the Instructor!

Smita has been practicing Yoga for seventeen years and qualified in Yoga from two different Yoga Schools - India and UK. She is:

REPS (Register of Exercise Professionals) registered Yoga(including Children's' Yoga) and Pilates Teacher Course director and Trainer for Yoga teachers for a London based Yoga School
Ayurveda Lifestyle and Nutrition Consultant (diagnoses done through pulse examination)

Smita's teaching style is unique and incorporates many ancient Indian techniques through a fusion of Hatha, Ashtanga and Kundalini Yoga. This is combined with Pranayama - breathing exercises, hand reflexology, Chakra cleansing, chanting, meditation and basic information on Ayurveda. She is a strong believer of the notion that Yoga is for everyone and regular practice of yoga **fixes the system, not just the symptoms.**