

# Phil Evans Yoga

As so often happens, people come to Yoga through searching. Searching for health, searching for spiritual connection or searching for community. I came to it by searching for answers.

In 2004 I was diagnosed with Multiple Sclerosis (MS), and have held a strong belief that the best way to help with that diagnosis would be to help myself (with the help of excellent healthcare from the NHS). My reasoning was that if medicine was doing all it could to help it would be remiss of me to not do all I could to go forwards!

The opportunity to start a practice of yoga came in 2013 when a yoga studio opened nearby to where I was living. I fell in love with the physical practice immediately and I became an almost ever present at classes. I found that my practice of yoga had benefits to my health and my MS as I found that I had more physical and mental strength as I practiced.

The opportunity to take a yoga teaching qualification came in 2015 which I grasped with both hands. This showed me how rich the practice is (and how little I knew!!), and I knew, before I had even qualified, that I wanted to share the practice with everybody.

Since qualifying I have taken it upon myself to continue learning and growing, striving to be the best possible teacher to the community. As well as my Hatha yoga teacher qualification I have added to my qualification with a 50 hour Yin Yoga CPD and qualifications in Chair Yoga which enables me to bring yoga asana to people who may have difficulties with a standing asana practice. One of the beauties of practicing yoga is that it gives us the opportunity to have a deep conversation with our bodies, which in this fast paced day and age is something many of us tend to take for granted.

I welcome people of all ages and abilities to my classes and encourage a non-competitive environment. All I ask is that you listen to what your body is telling you, stay focused on your breath and choose the option for each posture that is right for you. I will take you through poses and sequences that will help relieve stress and tension, improve posture, encourage strengthening and improve your flexibility (no you don't have to be able to touch your toes!). We practice Pranayama (breathing techniques) which can help to steady the mind and reduce anxiety, and I always end the class with a period of relaxation.

Prices for a session with me at Charlbury Community Centre are £10 per lesson as a drop in or a six class pass for £48 (£8 per session as a block buy)\*.

So whether you are a seasoned yogi, a complete beginner who has never stepped foot on a yoga mat, or someone looking to reconnect with their body, you are guaranteed a warm welcome in my classes. I look forward to seeing you on that mat.

\*Block buy class pass is valid for 2 months from the purchase date

If you are interested please call me on 07482581882 or email [phil.evans.evans@aol.com](mailto:phil.evans.evans@aol.com)