



Tía Psíhogíos

Tia has been practising yoga on and off since she first discovered it as a child, eventually developing a regular daily practice and a deeper connection to the meditative, emotional and energetic aspects of practice as well as the physical sense of wellbeing.

In early 2018 she found herself in a period of transition and realised that her yoga mat (and her guitar) were the two things that she chose to carry with her and return to each day. She also realised that her yoga practice, and the sense of peace and wellbeing that she found in it, was something she very much wanted to share with others. She then completed her Yoga Alliance certified 200hr YTT with Quaternity Yoga in the beautiful mountains and forest of southern Poland, focusing predominantly on Hatha and Vinyasa Yoga, and on returning to Bristol also completed a 100hr Yin YTT with YUJMU followed by a 30hr Family and Kids YTT with Rainbow Kids Yoga.

Tía Psíhogíos

Qualifications

200hr Yoga Teacher Training
Quaternity Yoga (Yoga Alliance RYS)

100hr Yin Yoga Teacher Training
YUJMU

30hr Family and Kids Yoga Teacher Training
Rainbow Yoga

Adult Yoga Classes (1 hour)

Group classes £7

- Concessions £5

Private / Small groups £40

Family Yoga Classes (1 hour)

One adult and child £7

Additional sibling £3

Birthday parties, workshops, etc.
available on request

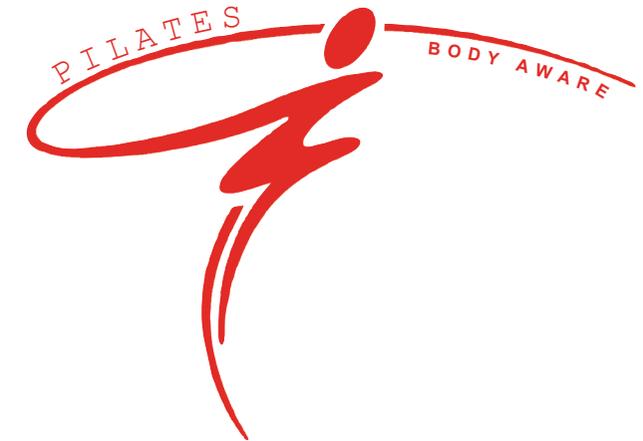
Telephone: **07729 130014**

kymatayoga@gmail.com

FB: @kymata.yoga IG: @kymata_yoga

Body Aware Pilates

STUDIO & CLINIC



Kymata Yoga

Contact : Tía Psíhogíos

Telephone: **07729 130014**

Email: **kymatayoga@gmail.com**

www.bodyawarepilates.co.uk

Body Aware Pilates

STUDIO & CLINIC

155 High Street, Ilfracombe

01271 855828 Devon EX34 9EZ



Kymata Yoga

Κυματά [gr] (kee-ma-ta). Waves.

The ups and downs, the ebb and flow of our bodies, our minds, our souls and of the world around us.

Like waves, we are always changing, sometimes as subtly as a ripple and sometimes with the force of a tidal wave; through breath, movement and stillness, yoga can guide us to a better understanding of ourselves and what we need in each moment to find balance and strength within.



Approaching our practice with a loving kindness for ourselves, and for the environment and communities of which we are a part, allows us to find and embrace deeper connections in our lives.

Hatha Flow



A slower flow, spending a little longer in each posture and with more space to explore variations of poses that work for our bodies. Hatha flow is a good all round practice to help us tune into our bodies and minds, develop our strength, flexibility and balance. It is also a

great starting point if you are new to yoga.

Vinyasa Flow



An energising flow, moving from posture to posture in sync with our breath. Vinyasa is great for those looking for a more active practice, to get energy flowing and to clear the mind as well as developing our strength, flexibility and balance.

Yin

A mainly floor based practice, exploring passive, supported postures for around five minutes at a time. Yin yoga is all about stillness rather than movement, and is great for releasing physical and emotional tension, improving flexibility, and as a balance for more yang or active yoga and sports.



Yoga Nidra

Yoga Nidra is a form of systematic guided meditation, usually performed lying on our backs in savasana pose, or in whatever comfortable position works for you. Most classes will finish with a short nidra session, allowing us to deeply relax and restore.

Family Yoga

A chance to stretch, balance, play, and grow with your child. A practice for adults and children to embark on yoga adventures together, exploring movement, partner balances, breathing, stories, songs and finishing with a reflective relaxation practice.

