



## Gemma Peppiatt

Gemma has been practising and teaching yoga for over twenty years. With a background in Hatha yoga she initially taught in the Sivananda style for many years before specialising in Prenatal yoga under Birthlight and Francois Friedman; two years of Yoga Therapy training with Jean Danford; Yoga Nidra with Uma Dinsmore Tuli as well as courses in Scaravelli fascial work.

She is one of the most relaxed people you will ever encounter and we challenge you to stay awake during one of her relaxation sessions.

Gemma is a good choice for those new to yoga and for those that want an individual approach to working with injuries or emotional issues.



## Dan Peppiatt

Dan took up yoga over twenty years ago after a variety of physical symptoms resulting from anxiety. He truly believes that there is a perfect form of yoga for

everyone, we just have to trust ourselves to find it! He is the founder of Yoga Like Water and splits his time between training new and existing teachers in Devon and London.

He is obsessed by breath-work, drawing influences from free-diving, taoist and sufi breath-work, Buteyko, Russian Systema and even yogic pranayama!

From anxiety and stress, through to advanced athletic performance he brings breathing techniques to help with almost any issue.

## Gemma Peppiatt

Sivanda Teacher Training

Postgraduate Yoga Therapy Diploma  
(Real Yoga)

Pregnancy and Post-natal Yoga Teacher  
(Birthlight)

Birth Preparation Teacher  
(Birthlight)



### Drop-in Classes

**Classes ..... £6.00**

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# Body Aware Pilates

STUDIO & CLINIC



## 'Yoga Like Water'

**Contact :**

**Dan & Gemma Peppiatt**

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## Live. Breathe. Yoga

Yoga as both a concept and a practice is a very personal thing. One individual might follow a path that involves a great deal of physical yoga, another approaches yoga by the devotional path, or the path of selfless action or any other route.

Whilst it is important to find your own way of practising, humans have an overwhelming desire to separate and classify, to justify their own path and, if it works for them, to pass it on to others and encourage them to adopt it as well. Hence the various 'schools' of yoga, the specific training methods, techniques and so on that are transferred from one person to the next. If we aren't careful, yoga can change from a practice that sets us free into a practice that simply builds new walls.

Yoga means to harness or yoke. It doesn't involve separation, it is the very opposite of separation – so 'practising' yoga is the last thing that we should be separating from our lives. Yoga Like Water came about as a way of reminding people of this... We teach that yoga becomes life and life becomes yoga, in fact they were always that way. They don't struggle against each other to find their own space, and when we stop struggling we start to flow through life as smoothly as water.

## Yoga Like Water



~ Hot Yoga ~

~ Hatha Yoga ~

~ Vinyasa Flow ~

~ Pregnancy Yoga ~

~ Yoga Therapy ~

~ Meditation ~

~ Mindfulness ~

~ Workshops ~

~ Core Strength ~



## Yoga can help to:

- Improve flexibility
- Increase strength
- Find greater peace of mind
- Recover from injury

Classes for all levels, from beginner to advanced.

