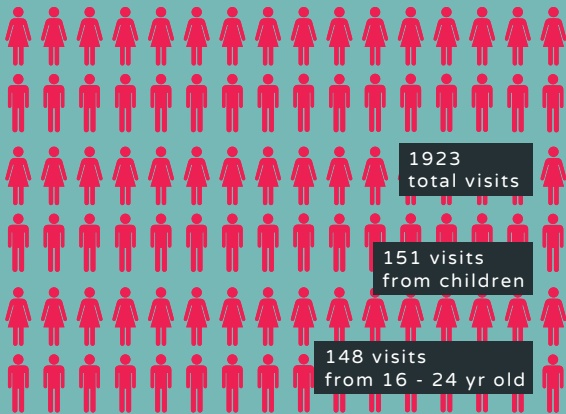




HEREFORD YOGA CENTRE

ANNUAL REPORT 2016 - 2017

Class attendance Jan - Mar 2017



Hereford Yoga Centre opened on 14th January 2017, National Iyengar Yoga Day, offering six free yoga classes to over 150 people aged between 6 and 80

A £100,000 refurbishment of Unit 10, Foley Trading Estate supported by Sport England, Hereford City Council and Comic Relief led to the creation of a bespoke, dedicated yoga studio

Thirteen yoga classes are delivered each week by six Iyengar certified teachers

Six specialised yoga workshops have provided opportunities for developing practice and learning



£100,000
refurbishment of Unit 10
Foley Trading Estate



2000
hours of skilled labour
donated by 40 volunteers



Jan 14th 2017
opening day of
Hereford Yoga Centre



13 classes delivered
every week

‘To make the benefits of yoga recognised by and available to the whole community’



Hereford Yoga Centre has delivered regular, subsidised classes throughout the year for Herefordshire Housing Ltd, 2Gether Mental Health Trust, West Mercia Women’s Aid, Hereford Sixth Form College, Herefordshire and Ludlow College and Lord Scudamore School

We also delivered ‘YoYo’, our in-house subsidised class for young adults aged 16-24 (funded by Sports Partnership Herefordshire and Worcestershire) and several classes for the Probation Services



Testimonials from Community Outreach

My experience of yoga has been very positive. I have overcome many physical and personal difficulties. Before I started practicing yoga, I was a heavy smoker and struggled with overwhelming anxiety. Two years later, I have stopped smoking and my anxiety is no longer in control of me. Since West Mercia Women’s Aid offered yoga classes, I have finished a psychology degree with the Open University, and have started living a more independent life – something I didn’t think I would be capable of. I would recommend yoga to anyone, regardless of age, size, gender or background.

Since doing yoga I have found greater confidence in ‘holding myself’. My posture feels better and I have good energy levels for work and home. I have been less stressed and have a sense of inner achievement. I have found it very rewarding

The class is so convenient – if it wasn’t here at this time I wouldn’t make it

Having this yoga class feels like a message from the management that they value you, and care about your wellbeing

Testimonials from Hereford Yoga Centre students

The classes are fun, accessible for all (young, old, novice or experienced), relaxing and invigorating. The yoga makes you think more clearly about how you use your body and has really helped me with my lower back pain and sciatica. (LW)

It helps me to keep a positive outlook. (NS)

I am so grateful to everybody at the Hereford Yoga Centre for the patient and knowledgeable instruction throughout my pregnancy. I attended weekly classes and continued my practice at home until I gave birth, and have no doubt that yoga enabled me to enjoy a beautiful experience. Yoga allows you to take time out from busy schedules to focus on your body and mind, important for everyone but essential in pregnancy. (SW)

It helps me helps me run/cycle/snowboard without injury, it relieves the problems of a desk job, it’s a moment to myself, it helps me put life in perspective! (JP)

It makes me feel so much better: no matter what state I’m in when I arrive, I’m always aligned and centred when I leave. (EV)



Hereford Yoga Centre is kindly supported by:



Hereford Yoga Centre, Unit 10 Foley Trading Estate, Hereford HR1 2SF

info@herefordyoga.co.uk

01432 353324

www.herefordyoga.co.uk

Registered CIC 9365973

Follow us on



IYENGAR YOGA | HEALTH + BALANCE + FREEDOM