

Yoga at the Lewisham Wellbeing Hub

**Friday mornings, The Albany, Deptford, SE8 4AG
Open to all Lewisham Wellbeing Hub Participants**

Yoga classes will take place weekly on Friday 25th April – Friday 23rd May from 10am – 11am

I'm Nikkita, a dedicated Yoga Therapist and Teacher with a profound focus on holistic well-being encompassing physical, emotional, and mental health through the practice of Traditional Yoga. My journey with Yoga has been lifelong, and I have been sharing this wisdom as a teacher for the past five years.

My aim is to leave my students feeling relaxed and rejuvenated after each class. I believe in exploring all aspects of this sacred practice, not just physical postures. I am dedicated to sharing ancient yogic teachings and techniques, I have grown up with from my culture being Indian. These teachings can be incorporated into daily life, benefiting both mental and physical health, designed for individuals of all ages, body shapes, and levels of flexibility. I aim to restore the true essence of yoga, which is mindfulness and mental relaxation. In my yoga classes I will be offering modifications and adjustments to ensure everyone feels comfortable and confident throughout the practice.

My goal is to harmonize the mind and body by stimulating the nervous system and balancing energy channels through the practice of yoga.

To book your place please call or email
Phone: 020 3962 8211
Or email:
georgie-miles@together-uk.org

