



## Elmsgrove Yoga & Holistic Therapy

Yoga, Meditation, Holistic Therapy, Workshops, Classes, Publications...  
www.elmsgrove.com ☎ enquiries@elmsgrove.com ☎ +44 (0) 1566 774792



# Elms Grove Yoga & Holistic Therapy

**Yoga** - Holistic yoga classes are mixed ability, suitable for all including absolute beginners and those with health problems. The yoga taught is an eclectic style based in traditional raja yoga, influenced by the teachings of Devon School of Yoga (from Dr. Pillai, Kerala), Bihar (Satyananda) Yoga, Dr. Shrikrishna (Kaivalyadhama Institute), Paramahansa Yogananda (SRF) and therapeutic yoga (Yoga Biomedical Trust & Birthlight). The class style reflects the ancient spiritual heritage of yoga. Classes include warming and energising exercises, asana (postures), pranayama (breathing practice), kriyas (cleansing exercises using the breath), meditation, mantra (sounds), yoga nidra (deep relaxation) and some discussion of philosophy. *Also available:* Pregnancy, Therapeutic and Mum & Baby Yoga classes, individual yoga therapy sessions for those with back pain and many other health problems and various events and workshops.

**Holistic Therapy** - Following an initial consultation to establish individual need, treatment could include aromatherapy/body massage/Indian head massage, reflexology, yogic dietary/lifestyle advice, gentle yoga exercises, deep relaxation, meditation/visualisation exercises, Reiki/healing, flower/gem essences. Individual therapies also available.

### About Elmsgrove...



**Barry Elms** BSc YRT is a Yoga Register Teacher (*Devon School of Yoga TTC Diploma*) and holistic therapist (*Yoga therapy, aromatherapy/massage, Reiki/healing, flower essences and crystal therapy*). He specialises in pre and post-natal yoga (*Birthlight Diploma*) and back pain (*Yoga Biomedical Trust trained*). He has an active interest in holistic/integrated healthcare, and yoga philosophy and spirituality in a contemporary Western context. He is currently studying for an MA (Yoga & Holistic Healthcare). He has two young children.



**Joanne Elms** BSc (Hons) is an HPC registered Podiatrist with many years of experience both in the NHS and private practice. She has a strong interest in natural childbirth and baby-care; she teaches mum & baby yoga classes (*Birthlight trained*) and is a breastfeeding mother supporter. She has two young children.

**What to bring** - For yoga, Birthlight and meditation classes/workshops you need to wear loose clothing - material with a little stretch can make posture work easier. A blanket or warm top and socks are useful for relaxation as the body temperature can drop, and a bottle of water to drink during or after the class. A pillow or cushion is also needed for pregnancy classes. A yoga 'sticky' mat, belts and blocks are useful props to have if not available in the class. Please phone for availability in your chosen class venue.

**Further information** - Class times, application forms and more are available at [www.elmsgrove.com](http://www.elmsgrove.com). If you have any further questions please call **01566 774792** or e-mail [enquiries@elmsgrove.com](mailto:enquiries@elmsgrove.com)



# Health & Precautions for Elmsgrove Classes

## The First and Only Rule

... is to make sure you are **always comfortable**. Yes, you do need to make an effort with many of the exercises, but you must always be comfortable. There is no competition, with others or yourself. If any of the exercises are uncomfortable or painful, **stop**, and consult the class teacher for further advice. For most exercises, variations or alternatives can be provided that have similar effects and benefits.

## Precautions

- If you have health problems, it is wise to contact your GP before taking up an exercise programme. Those with heart, lung or other serious health problems should **consult their GP and only practice under the guidance of a qualified yoga teacher**
- It is important to keep your class teacher up-to-date with your health so s/he can keep your yoga class safe
- Practice on an empty stomach, at least three hours after eating a main meal or 1-2 hours after a light meal/snack
- Limit pranayama and meditation to half an hour daily, ideally early in the morning or late at night

## Advice for Common Medical Conditions

- High blood pressure (HBP), heart condition, glaucoma or detached retina - do not let your head stay below your heart
- HBP, heart condition - hold strong standing and prone postures for a short time only; also, for HBP, keep arms below head
- Low blood pressure (LBP) - come up slowly from inverted postures
- Back problems/sciatica - avoid bending and twisting movements that provoke pain or other symptoms such as tingling in the leg. Keep knees bent in forward bends
- Hernia/ recent abdominal surgery - do not put strong pressure on the abdomen
- Arthritis - mobilise joints to the maximum pain-free range, but rest if inflamed
- Arthritis of the neck and other neck problems - do not tilt head backwards in backbends and be cautious with sideways and twisting neck movements
- During menstruation practice more gently and avoid putting strong pressure on the abdomen and pelvic area
- Pregnancy - it is important to talk to a teacher if you become pregnant, as some positions need to be avoided. Specific pregnancy classes are available.
- If you are at all unsure about any health condition, please ask your teacher



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## Booking Form for Elmsgrove Classes

Name: .....

Phone Number: ... Tel: ..... Mob: .....

Email address: .....

Please tick if you do not want to be added to our mailing list. We send a couple of emails each half-term to keep you up to date. We won't give your email address to anyone.

Please tick the class which you would like to attend:

### Mondays, St. John Ambulance Hall, Launceston

11.00am – 12.30pm	Yoga for All, beginners/mixed ability	
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### Mondays, Children's Centre, St. Stephens Launceston

3.30 – 4.30pm	Birthlight Mum & Baby / Postnatal class (crawling - walking) inc. tea/coffee	
4.30 – 5.30pm	Birthlight Mum & Baby / Postnatal class (8+weeks - crawling) inc. tea/coffee	
6.00 – 7.15pm	Therapeutic Yoga (Book through Cornwall Adult Education*)	XXX
7.30 – 9.00pm	Yoga for All, beginners/mixed ability (Book through Cornwall Adult Education*)	XXX

### Tuesdays, Children's Centre, Bodmin

4.30 – 5.30pm	Birthlight Mum & Baby / Postnatal class (8+ weeks) inc. tea/coffee	
6.00 – 7.30pm	Birthlight Pregnancy class (14-42 weeks) followed by tea/coffee	
8.00 – 9.30pm	Yoga for All, beginners/mixed ability (Book through Cornwall Adult Education*)	XXX

### Wednesdays, St Children's Centre, Callington

1.00 – 2.00pm	Birthlight Mum & Baby / Postnatal class (8+weeks - crawling) inc. tea/coffee	
2.00 – 3.00pm	Birthlight Mum & Baby / Postnatal class (crawling - walking) inc. tea/coffee	

### Wednesdays, St. John Ambulance Hall, Launceston

6.05 – 7.35pm	Birthlight Pregnancy class (14-42 weeks) followed by tea/coffee	
8.00 – 9.30pm	Yoga for All, beginners/mixed ability	

### Thursdays, Children's Centre, Callington

6.00 – 7.30pm	Birthlight Pregnancy class (14-42 weeks) followed by tea/coffee	
8.00 – 9.30pm	Yoga for All, beginners/mixed ability	

- Elmsgrove 'Yoga for All', therapeutic yoga and Birthlight pregnancy classes cost £5.50 per class<sup>§</sup>; Birthlight mum & baby classes cost £3.50<sup>§</sup>; Concessions available on all classes for those with low income, subject to class numbers. Costs correct for classes in the Spring Term starting January 2009. Costs for Cornwall Adult Education classes can be found in their brochure – call for details\*.
- Fees for all classes are due in advance each half term (number of weeks depends on term dates – see above for details)
- Fees for pregnancy classes are due in advance each half term until 36 weeks, then on a weekly basis
- Starting mid-half-term block in Elmsgrove classes is no problem – when you start you pay for that class and the remaining ones in the half-term.
- Numbers are small in many classes so applications are taken on a first-come-first-served basis; we operate waiting lists for popular classes
- Allowances can be made for holidays with prior notice (up to 2 weeks per academic year)
- A deposit of £10 is required with this application, cash or cheque (payable to 'Barry Elms'). The remainder of the course fee (for the half term) is due on the first class, cash if possible.
- All classes will run subject to sufficient numbers – if a class does not run, you have the option of being placed on a waiting list until sufficient applications have been received for the class to run, to transfer to another class (subject to a space being available), or to have your deposit returned in full
- Cancellation prior to two weeks before the start date entitles full refund of deposit. Less than two weeks notice is subject to a £10 cancellation fee
- A fully completed health questionnaire is required with this booking (or completed with a previous booking), to ensure your safety within the class.

I agree to the above, have completed a health questionnaire and will notify the teacher if it needs updating.

Signed .....

Date .....

Please return this form together with a deposit to your next class, or to:

Elmsgrove, 64 Robin Drive, Launceston, PL15 9LN

<sup>§</sup>Costs for Elmsgrove Classes; concessions available; Adult Education classes priced differently\*

\*Cornwall Adult Education Classes - please call us on 01566 774792 for details, costs and contact numbers.

Please return this section



# Health Questionnaire for Elmsgrove Classes

## Personal Details

Family name		
Given name(s)		
Address		
City		
County		
Postcode		
Date of birth		
Contact telephone no.	Tel. _____	Mobile: _____
Email address		
Occupation		
Doctors name & address		

## Yoga, Exercise & Other Non-Medical Details

Previous yoga experience (no. of years, style/school)
Previous meditation experience (no. of years)
Regular exercise/fitness level
Reason for practicing yoga
Where did you hear about us?

## General Health & Medical Details

* High blood pressure (HBP)	
* Heart condition	
* Glaucoma or detached retina	
* Low blood pressure (LBP)	
* Back/neck problems/sciatica	
* Hernia/recent abdominal surgery	
* Arthritis	
* Menstrual problems	
* Pregnancy/birth within last year	
Any other past or current health problems and current treatments & medications (including name and dosage)	

- I declare that the information I have given here is correct and as far as I am aware I can participate in Yoga therapy/classes without any adverse effects.
- I understand that the teacher/therapist being aware of my health condition(s) is a requirement for practicing yoga, and that it is my responsibility to keep the teacher/therapist up-to-date on my health situation.
- I understand that should I have any concerns regarding yoga practice I should consult the teacher/therapist before continuing, and my G.P. if required.
- I understand that my body is my responsibility, and that should I be uncomfortable or in pain during an exercise I need to talk the teacher/therapist at the time so that suitable variations can be provided.
- I understand that this form is strictly confidential, and is solely for the use of the class teacher/therapist to help provide a safe environment within classes/sessions.

Signed ..... Date .....

Please return this section



# Pre/Postnatal Additional Questionnaire

**Name:** .....

**Phone Number:** .....

**Additional Personal Details**

Midwife/Health Visitor name & Tel.	
Emergency Contact Name & Relationship	
Emergency Contact Tel	
Emergency Contact Address	
City	
County	
Postcode	

**Additional Pregnancy/Postnatal Related Health & Medical Details**

High blood pressure (HBP)	y/n
Low blood pressure (LBP)	y/n
Back/neck problems/sciatica	y/n
Other muscular/joint problems	y/n
Previous pregnancies	How many & dates
* Any ongoing related problems	
<b>Pregnancy</b>	How many weeks?
* Any history of miscarriage?	y/n
* Symphysis pubis disorder (SPD)	y/n
* Any other complications	y/n
<b>Postnatal</b>	How long since the birth?
* Baby's name & birth weight	
* Did you have a natural birth?	y/n please detail any medical interventions or complications:
* C-section?	y/n
Past and/or current health problems, treatments & medications, further details of pregnancy/birth complications, also any health conditions baby has, medication or special care required:	

- I declare that the information I have given here is correct and as far as I am aware I can participate in pre/postnatal classes without any adverse effects.
- I declare that I have GP/Midwife permission to participate in pre/postnatal classes
- I understand that it is my responsibility to keep the teacher up-to-date on my health situation, and that it is important for the teacher to be aware of any health problems or arising complications.
- I understand that my body is my responsibility, and that should I be uncomfortable or in pain during an exercise I need to talk the class teacher at the time so that suitable variations can be provided.
- I understand that this form is strictly confidential, and is solely for the use of the class teacher to help provide a safe environment within classes.

Signed .....

Date .....

Please return this section