

Workshop 1

Yoga for Everyday Stress

Facilitated by Ashley Gates

Ashley Gates graduated from Duncan of Jordanstone College of Art and has worked at Dundee and Angus College since 2002. She has a postgraduate qualification in teaching and currently works within Supported Education.

Using her professional qualification, she has taught a range of life and independent living skills to a variety of students and service users within a social care setting as well as at college. She has also participated in several development training workshops for parents and professionals. Ashley has been practising Hatha Yoga for 14 years and is currently in her second year of her yoga teacher training with Yoga Scotland. She is passionate about yoga and the healing and therapeutic qualities it brings and firmly believes that it can provide a pathway to bring a positive and transformational changes in everyone's life.

Workshop summary: Yoga for Everyday Stress

This workshop will enable one to become more aware of their breath and the link between breath, body and mind. It will include some simple postures that are gentle and designed to guide your attention inwards and become more aware of our breath and tension within your body.

We will explore some breathing exercises, as well as seated postures, and light stretching, followed by relaxation. These postures, or asanas will enhance your self-awareness, manage stress effectively and develop key social and emotional skills. There is no fitness level required and the session is open to all. Wear loose, comfortable clothing if you wish to attend this workshop.