**Hatha Yoga & Ayurveda**

Hatha Yoga incorporates physical poses(asanas), breathing(pranayama) and meditation exercises. It aims to bring balance physically (Ha-sun) and mentally (Tha-moon). It can often be a little diluted in western practice, focusing more the physical practices. By developing a regular practice, we are provided with a foundation to build a healthier, happier more balanced life.

Ayurveda is the Indian Science of Life, incorporating Nature, herbs, plants, the Elements and our own internal abilities to heal ourselves and maintain optimum health. It is based on prevention of illness or disease and works hand in hand with Hatha Yoga. Ayurveda views each person’s health individually as opposed to a one-size-fits-all approach, it also uses the basis that our thoughts, words, actions as well as diet and exercise contribute to our overall health and wellbeing.