

"FIRST WE ARE GOING TO DO HALF AN HOUR OF MASSAGE, THEN WE ARE GOING TO TRY AND PUT YOU IN THE AIR ..." Louka (English) - Tula yoga practitioner

TULAYOGA: LIGHTER THAN AIR

This is no regular yoga class. Tulayoga styles itself as "an elegant meditation through movement" and it certainly lives up to this description. Each one-on-one treatment starts by relaxing the body with massage and ends with you suspended upside down in the air in a "calm, centred and lucid state of awareness". It actually works – perhaps because the way you are lifted prevents the blood from rushing to your head. The practitioner, Louka Leppard, slowly builds up trust with you. He begins with a 30-minute deep massage of your back, arms, stomach, neck and head. As long as you go with it, and concentrate on relaxing every part of your body - or specific parts with the help of breathing techniques (harder than it sounds) - this should prove valuable as well as enjoyable. Then you move on to the yoga: Louka will lift you into the air and ask you to concentrate on breathing and posture. Some of the Tulayoga positions have to be seen to be believed, but the whole experience will leave you feeling relaxed and floaty for the rest of the day. Almost as if you've been flying ... /JB

• **Details:** All lessons are private, locations and prices on request. Length: 60 or 90 minutes.

Classes available in English, French, German or Dutch.

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