

# yogabeats

WEST MEETS EAST

Yogabeats is more than just Yoga, it's pure fun, a practice driven by music and rhythms leaving you higher than a kite and glowing for the rest of the week



The emphasis is on fun not austerity, you can do as little or as much as you like. There is no competition or rigid rules, only paying attention to your feelings and open breathing are essential to the practice - David Sye - World renowned Yoga elder.

The yoga is an eclectic mix of styles designed to accommodate all levels of fitness and ability. Rather than using fixed postures, Yogabeats™ uses "micro-moves", Combines classic mobile yoga postures with the latest rhythmic and ambient world music.

## Introducing Workshops in the Surrey area

Saturday 13th February 2010 @ Seale Village Hall,  
Nr Farnham Surrey, GU10 1HY

£20.00 per person 10am - 12.30pm or 1.30pm - 4.00pm

£35.00 per person 10am - 4.00pm please bring lunch to share

(please advise should you require a yoga mat)

Friends of Yogabeats referral - bring 5 paying guests and your workshop is free

## Sunday evening Chill Out dates to follow

A good way be kind to your body and your mind after a heavy weekend and be positive, relaxed and ready to enjoy the week ahead.

Please contact [yogabeats.uk@googlemail.com](mailto:yogabeats.uk@googlemail.com) or call 01252 782132 to reserve your place or for more details.



"Yogabeats is definitely having your cake and eating it. For the rest of the week you are taller, fresher and suffused with an inner glow."



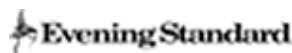
"David Sye has a famous clientele, yet he is also respected among physiotherapists who refer their creaky, sometimes disabled, clients to his classes."



"If I could have this every weekend I would be the happiest worker in town"



"We go through various yoga moves and before we know it, the class is over, leaving us in a semi-blissed out state"



"A yoga class is only as good as its teacher - and David Sye is the reason Yogabeats attracts everyone from ultra-fit yoga addicts to clumsy beginners".



Health + Fitness. Magazine - 2006. - In between filming his DVD and travelling all over the world to teach his unique style of Yoga, David Sye still manages to run at least seven to eight classes a week, though many of these take place in private clubs. Fusing traditional yoga postures with movement set to dance music definitely raised a few eyebrows among the more traditional members of the yoga community, but Sye prefers an inclusive and creative approach to yoga and is both hugely charismatic and unpretentious. Few can help but get caught up in his enthusiasm. Forget om-style postures you can never quite master - this funky, freestyle form of Yoga has little in common with traditional varieties. Rather than using static poses, it combines classic postures with continuous movement to rhythms, from soft ambient sounds to loud Venezuelan rap.



### WHY IT'S GREAT...

It has all the physical benefits associated with yoga - strength, flexibility and good posture - but its creator David Sye, is keen to emphasize that its benefits are all-encompassing. 'The whole session is a form of meditation' he explains, 'If you go to a quiet yoga class, as soon as you go back out onto the street you get stressed again. In my classes music allows people to learn how to switch their minds off from the outside world' You are also encouraged to express yourself spontaneously. 'This means anyone can enjoy the classes because you work within your own limits', says Sye 'By the end, everyone feels good about themselves'.