



Nicky Smailes Iyengar Yoga Teacher

Nicky has been practising yoga for more than 12 years, experiencing many different styles of yoga. Nicky is a Yoga Alliance Uk, Hatha Yoga registered teacher (200 hours), qualifying in 2008. She qualified as an Iyengar Yoga Teacher, (Introductory Level 1 and 2 – Beginners and General level), in October 2010. Nicky's teachers are Senior Iyengar Yoga teachers Gerry Chambers and Lynda Purvis.

Nicky teaches regular weekly classes in Bristol, UK. She holds workshops and runs yoga holidays. She has taught daily classes at Patnem beach, South Goa for two winter seasons.

Iyengar Yoga

Nicky teaches a style of yoga inspired by the renowned guru BKS Iyengar from Pune, India, author of *Light on Yoga*.

Iyengar yoga is an ideal foundation in yoga, great for beginners of any age or for more experienced students from any style of yoga.

In Iyengar yoga we learn precise alignment in the Asana. We often use props to help achieve correct alignment, or to work on a particular aspect of the asana. The use of equipment is particularly helpful for beginners and the less flexible to enable enjoyment of the practice of yoga without strain or injury. For the more experienced student, the props can assist us to work more deeply in a pose.

Yoga helps to integrate the mental and the physical plane, bringing about a sense of inner and outer balance, or what Iyengar terms alignment. True alignment means that the inner mind reaches every cell and fibre of the body.



'Yoga is like music. The rhythm of the body, the melody of the mind and the harmony of the soul create the symphony of life...'
BKS Iyengar