

Amy Miller Yoga - Feedback

I thoroughly enjoyed Amy's 'Introduction to Yoga' course. The course was very well structured, it was varied and interesting, with each class flowing neatly on from the previous one.

The different components of the course were centred around themes that Amy really brought to life with her gentle instruction and soothing ~~direction~~ ~~direction~~. I found this educational quality of Amy's classes to be of great benefit - it was so refreshing to learn why we do ~~particular~~ ~~particular~~ poses, how they can improve our ~~health~~ ~~health~~ and strength. Amy achieved the perfect balance between giving useful details, and not over-loading her students with too much information! She brought the themes to life with her choice of music to accompany each class - this really enhanced the meaning and gave the classes a lovely atmosphere.

I was particularly inspired by Aruj's two chakra classes. This was a whole area of yoga that was new to me, and I was so touched by it that I booked an individual chakra reading with Aruj, which was a real eye-opener! An amazing experience!

To be a student in Aruj's class is to be part of a warm, friendly, occasionally giggly, group! As a student in Aruj's care, I feel completely confident in her ability and she really is an inspirational instructor. - After class I always have the best night and feel so refreshed and re-energized! I never want to miss a class and am always eager for the next one to come around!

Namaste!

Susan Mee