

Heart Warming Shares from MONDAY NIGHT YIN CLUB MEMBERS...

Dear Carli, thank you for your beautiful energy and Yin session. Today has been so difficult, so out of sorts, trying to accept myself how I was, trying kindness, returning to the breathe, and all the while I was strongly resistant and reluctant to move my body. I didn't want to step over the threshold, and I didn't, I just wanted to stay out of the way. I felt so stuck in this awful place. So miserable and exhausted. Tonight's session released me. The outcome was a blessed relief. No thoughts, no working it out, and I allowed my exhausted body to rest and be wise, encouraged by you. Thank you for taking care of your heart and bringing that intention to our session, along with your care, skill, thought and expertise. Your heart intention touched my heart tonight, and like a big reassuring hug it made me feel safe enough to move, rest and trust myself. Thank you.

Jackie

I just wanted to say thank you for the classes, I thoroughly enjoy them each week, I feel such a release after it, emotionally mainly but a real refreshing reminder to try get my endorphins coming as I haven't felt much joy from things lately.

You definitely got me being mindful.

Laura, Liverpool

"I honestly can't recommend Carli highly enough. I first started her classes in 2016, and I've been hooked ever since.

We've since moved from the UK to France, and thanks to Zoom I'm still able to practise with Carli every Monday night. I'm just gutted I miss those Sunday sessions in person! Carli is the most wonderful teacher — grounding, calm, and reassuring, with a beautiful sense of humour. I always finish her classes feeling completely refreshed, relaxed and ready for the week ahead. She truly is the best".

Rachel, France

The place where the magic happens. Carliann is an amazing, highly qualified professional. You know when you listen to her and practice with her that she is the voice of wisdom and experience. You know you are safe and under no pressure to force your body into impossible or competitive postures. In fact she encourages you to listen to your body and to trust yourself. Her classes are encouraging and inclusive. All the barriers I have experienced in other classes disappear here. Always, afterwards I feel stronger, confident, enabled and younger. Thank you

Debbie

It was incredibly hard to explain Carliann has done for me. It has calmed me and reduced my extremely high stress levels, giving me an inner calmness that I will always treasure and hold on to. What Carliann doesn't know about Yin is not worth knowing. She is genuinely an incredible master of her craft and practice. I highly recommend you try her classes, once you've tried it you'll be hooked. Yin yoga relaxes the body and soothes the mind, and the sleep after a Yin session is like no other sleep. What more could you ask for.

Carliann has the most beautiful heart and soul, and you will feel that every time you see her . Thank you for being you my darling

Mandy

Thanks Carli, you've helped me see I must be kinder to myself. Over the last few weeks I've been making adjustments, more cushions, bolster etc but I thought the time had come to put my hand up before I disappear from view under a mountain of props. I want to keep gently working on physical flexibility and I love the mental relaxation yin gives me. You will like this bit, after an mri on my spine the physio gave me the all clear and said my lumber spine was good. I said "good for my age" she said no, good! It's better than I see on many 30/50 year olds. "I guess the yoga helps then" I said - it certainly does says she

Anne

Having been fortunate enough to attend one of Carli's meditation courses, I knew first hand how amazing she is at putting her clients at ease and really listening. I'd promised myself repeatedly I would join her Monday night Yin club, but kept finding excuses of other things to do. I finally decided I was worth it, so joined in August. Zoom is not my favourite thing, but this class really works because you are part of a community, yet you have expert tuition and guidance in the privacy of your own home. No pressure, no strain, just a calming hour to reset, refocus and relax. As a Chartered Physiotherapist with over 40 years experience, I am difficult to impress, but Carli's in depth knowledge of her art, and constant investment in her self development is admirable. This shows in the loving care she shares with us all. Join today. You won't regret it.

Karen