

MEDIA RELEASE 27 MAY 2014

ROOFTOP YOGA RETURNS TO PECKHAM

I know what you did last summer...you were on a roof doing yoga in the blazing sun, looking out across the whole of London...

You weren't? Don't worry, because Rooftop Yoga is back for summer 2014!

Dates, Times, Price and Location

From 14 June 2014

Saturdays 10 - 11am Dru Yoga (Lucyoga)

Sundays 10 - 11am Vinyasa Flow Yoga (Tania Brown)

Mondays 7 - 8 pm Rocket Yoga (Jiva Yoga)

Look out for new classes being added to the timetable and pop-up yoga sessions throughout the summer.

All classes £10

Advance booking essential. Pre-booking available NOW at www.rooftopyogapeckham.co.uk

Bold Tendencies

Levels 7 - 10

Peckham Multi-Story Car Park

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Summer Rooftop Yoga in Peckham. Ease your way into Saturday with slow flowing Dru Yoga, power up your Sunday with Dynamic Vinyasa Flow and boost your week with Rocket Yoga on Monday nights, all with the most breathtaking views of London.

Image: Rooftop Yoga in Peckham. Credit: Holly Whittaker

Details

From **Saturday 14 June** you'll be able to roll out your yoga mat on the rooftop once again, soaking up the beauty of London as you look out across the entire city from the most unlikely of places - a multi-story car park in Peckham.

"The view was breath-taking! You could see all of London from Battersea Power Station to Canary Wharf!" (Fashercise)

"...the venue - with its view and the juxtaposition of brightly-coloured yoga mats against the concrete car park floor, is incredible..." (Huffington Post)

Taking place amongst the artworks of the Bold Tendencies sculpture project and next to the summer social hot-spot Frank's Cafe, this is truly a unique yoga experience. When the weather is fine we bask in the sun up on the rooftop, if there is a spot of rain we can head undercover, framing the amazing view through the car park's brutalist architecture, or cosying up in the hidden hay and concrete auditorium.

"There was something very magical about doing yoga in a misty carpark in London, it was a truly special experience." (Fashercise)

The response to last year's Rooftop Yoga was amazing. People travelled from all over London, and beyond, to take some time out and practice yoga on the roof:

"...it really is an experience that I would wholeheartedly recommend – it's refreshing and awakening in a completely different way to a usual yoga practice. Doing a sun salutation with the sun beating down on my back as I stretched up to the sky using the Shard in my eye-line to hold my balance, was so different to doing the same in a studio" (Hannah Dunnell - Duns on the Run blog)

The Yoga

"If I could do only one form of exercise it would be yoga with Tania" (Dr Miriam Stoppard OBE)

Classes on the roof will be fun and friendly, a chance to get away from the madding crowd and take some time out this summer.

On **Saturdays** the sessions will be **Dru Yoga** - a slow, flowing form of yoga that helps you to feel stretched, grounded and calm. The sessions will be primarily taught by Lucy Bannister and are suitable for all abilities, including total beginners. Dru Yoga is an accessible, therapeutic form of yoga that will benefit everyone - whether you are new to yoga, stressed out, recovering from injury or want to compliment your more intense cardio-vascular fitness or dynamic yoga practice.

"Dru Yoga, particularly on a rooftop, adds a remarkable stillness to life, heightened with a stunning panoramic view of London this practice is one that will challenge in ways perhaps a little more unusual to yoga... This practice is gentle, soft and slow, movement is measured and teases tension from the body." (Gail Schock)

New for 2014 is the addition two new classes on Sunday morning and Monday evening.

The Sunday class will be **Vinyasa Flow** - a dynamic flowing style of yoga harmonising breath and movement to give strength and grace. Vinyasa Flow is hugely popular for its blend of challenging, fast flowing poses and calming breath work. The sessions will be primarily taught by Tania Brown and are open to all.

"If I could do only one form of exercise it would be yoga with Tania" (Dr Miriam Stoppard OBE)
"I LOVE my 2 weekly sessions with Tania - I never miss them, they have changed the way I walk, talk and see the world! I sleep like a baby, I have the lost weight that I needed to, I feel strong and calm." (Wendy)

On **Monday evenings** Rocket Yoga comes to the roof with Jiva Yoga's 'Rocket on the Roof' class. Rocket Yoga is a fast-paced and dynamic style of yoga using a set sequence of postures designed to 'get you there faster'. The sessions will be primarily taught by Zoe Sharp and are open to all.

"She fills the room with positive energy, and I always leave feeling refreshed and peaceful (as well as exhausted of course)!" (Chiara W)

The Teachers

Lucy Bannister is a fully qualified Dru Yoga teacher who has been running her classes in Peckham, Vauxhall and Nunhead since last summer. Lucy has become known locally for her fun classes which combine carefully selected music (playlist themes have included 80s Hip Hop, Ska and 90s indie anthems) with a fun and friendly attitude. Classes often take place in the most unlikely of venues - the local pub, social club and the car park roof! www.lucyoga.co.uk/about

Tania Brown is an inspirational and experienced yoga teacher. Her passion for yoga has led her to study a range of yoga styles and this infuses her practice with a depth of knowledge which she imparts generously to her students through fun and open-hearted classes. She has been teaching in Dulwich, Peckham, Camberwell and Soho and Covent Garden for 10 years and has a dedicated and committed following. She also runs sell-out retreats at the beautiful Trill Farm. www.taniabrown yoga.co.uk/abouttania.html

Zoe Sharp (Jiva Yoga) fell into yoga as a way to put herself back together after a neck injury sustained whilst surfing. After years of kickboxing, static trapeze and Pilates she hasn't looked back since she found yoga. She brings a sense of experimentation, play and lightness to each class, creating athletic and dynamic flows to open the body and bring it into balance with the mind. <http://jivayoga.co.uk/2.html>

Teachers will occasionally be substituted.



Images: Left to right, clockwise- Lucy Bannister, Tania Brown, Zoe Sharp

Images

Featured and further images can be found here

<https://www.dropbox.com/sh/xb6nc8x113hnhg3/N8fX69rmKz>

More press on Rooftop Yoga

<http://lucyoga.co.uk/what-the-press-say/>

Testimonials for Lucy Bannister

<http://lucyoga.co.uk/what-my-students-say/>

Testimonials for Tania Brown

<http://www.taniabrown yoga.co.uk/testimonials.html>

Testimonials for Zoe Sharp

<http://jivayoga.co.uk/6.html>

For more information please do not hesitate to contact

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