



After a year I was so impressed with the clients' progress that I launched the first training course in Leicester. That was many years ago, and I have since trained people from as far as Canada, Greece, Denmark, Paris, Poland and even Thailand. I discovered that I was the only person specialising in adult water sessions suitable for all body types and abilities, and for those with disabilities, those terrified of water and those who wanted to try yoga for the first time. Aqua yoga was an excellent alternative as it provided them with something calming, soothing and fun!

If you are interested in training as an Aqua yoga instructor or to find a class in your area please contact Anne-Marie Newland via yoga@sun-power-yoga.co.uk or call 07730680221 or visit sun-power-yoga.co.uk

WRITTEN BY

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ANNE-MARIE IS ONE OF THE WORLD'S LEADING YOGA TEACHERS AND TRAINERS AS WELL AS THE FOUNDER OF SUN POWER YOGA. SHE STARTED OUT AS BALLET, JAZZ AND CONTEMPORARY DANCER IN THE EARLY 70S FOLLOWED BY A COLOURFUL CAREER AS A PUNK DRUMMER! SHE HAS STUDIED WITH IYENGAR, QUALIFIED WITH SWAMI VISHNU DEVANANDA IN 1984 AND THEN BERYL BENDER BIRCH IN ASTANGA VINYASA.