

YOGA

Yin-Yang

Monday 6.30-7.30pm
Saturday 9.30-10.30am

The Parsongae Farm School, GU14 9TT



Ace Pittapan

Ace is a Senior Yoga Teacher and Yoga Trainer accredited Yoga Alliance professionals UK

Before yoga Ace was part of the World Class health related events organiser. Until 2003, he made a decision to start a first yoga practice and after 6 years of disciplinary everyday practice he pursued yoga teaching as his dream career. With the recognition as a senior yoga teacher and trainer accredited Yoga Alliance Professional UK, Ace follows the traditional teaching style 'teach what you practiced' with blend-in modern scientific knowledge solidified yoga mysterious.

I've attended Ace's classes for a couple of years, and through his teaching have developed my technique and my confidence has grown. Ace is brilliant at breaking down the moves, making it easy for all levels to participate with options for starters and also for the more experienced. During lockdown Ace has taught via zoom which has been invaluable to me, and has also allowed me to introduce my Mum to Ace's chair yoga which she enjoys. The atmosphere in class is friendly and relaxed with individuals focusing on their own practice and what is right for them that day. Ace is an excellent teacher for people of all levels!

www.health-skilled.co.uk
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Alexandra Smith.