

Yoga is good for all ages! Why not try a class at West Colchester Consolidated School gymnasium in Bass River with Ashley Fletcher?

## Yoga with Ashley

By Linda Harrington

Basic Beginner or Yoga tone, what's your choice?

Candlelight flickers, yoga mats get rolled out and Ashley Fletcher leads participants through various breathing exercises and yoga poses. "I loved practicing yoga so it made sense to take my training and start teaching it" Ashley shared. The gym at West Colchester Consolidated School in Bass River is transformed at 7PM on Sunday night for Basic Beginner Yoga and 6PM on Monday nights for Yoga Tone. Each class is drop-in style with no pre-registration required, they last one hour and costs \$10 to participate in.

Basic beginner class introduces foundational yoga postures, teaches you how to breath and helps you feel more comfortable in the yoga practice. "Sunday is a slower-paced flow class geared towards those new to yoga or preferring a slightly gentler class. Props and modifications are offered for proper alignment and ease in the postures" Ashley explains. YogaTone on Mondays is a faster pace where you will breathe, focus, move, stretch and balance. This class starts with a centering then moves into cardio and conditioning. Yoga tone allows you to move with your breath while building muscle tone, strength and endurance. Toward the end of class students practice yin postures (long hold stretches) to ease their muscles. "The class is fun but can be challenging, you are encouraged to take a pace that works best for you" Ashley warns. She averages between six and ten students joining per class and would love to see more people come out. "Lots of people feel they're not flexible enough but you don't need to be" she states. It turns out; there are a lot of benefits to yoga.

"People who come socialize, sleep better, feel better and just get to relax and unwind" she explains. Her yoga participants range in age from ten to sixty-five and older. Ashley

also teaches yoga to her grade 5/6 students at West Colchester Consolidated. The school bought the mats, blocks and straps they use, and then she applied for a grant to get bolsters. The community also benefits from the supplies and gym space.

Community member Martha Brown says she enjoys the opportunity to learn and benefit from the practice of yoga in her community. "Ashley takes care to present moves in various ways, allowing people to adapt to their level of comfort" Martha says. "I began yoga to help improve my flexibility and balance, and I continue because I really enjoy Yoga with Ashley" she adds. Nicky Smith likes the relaxing aspect of yoga, explaining that yoga forces her to relax and slow down, "Many of us lead busy lives, so practicing yoga gives our minds and bodies a nice break from daily chaos" she shares.

Ashley has her 200 hour Vinyasa/ Interdisciplinary Teacher Training from Joyful Yoga and also teaches classes in Noel. She advertises her classes on her Facebook page which can be found by searching for @ashleyfletcher yoga. Her page also has videos of the different types of yoga she offers. If you are interested in attending her classes or want to contact her, you can reach her at ashleyfletcher@eastlink.ca or 902-986-2133.



Grade 5/6 students at West Colchester Consolidated doing the tree pose during a yoga class with Ashley Fletcher.

*You'll Love Our Prices! Come See Us For...*

- ◆ WINDOWS ◆ DOORS
- ◆ COUNTERTOPS
- ◆ PAINT / MOULDINGS
- ◆ KITCHEN/BATH CABINETS
- ◆ VINYL / LAMINATE FLOORING
- ◆ HOME DECOR AND MORE

**MONEYS WORTH** Renovation Centre  
28 Jennifer Drive, Bible Hill - 902-893-2477

# The Savvy Shopper

in Downtown Truro

February brings the Long John Festival activities, Valentine's Day, and great end of season sales. Take in the outdoor skating, wagon rides or just a walk in Victoria Park to enjoy the season. Remember to SHOP LOCAL! It makes a difference.

Shop Local

**LEVELS GAME LOFT**

XBox, PlayStation, Virtual Reality Gift Cards and so much more!  
**128 Esplanade**  
levelsgameloft@eastlink.ca

**ACROPOLE**  
PIZZA AND DONAIR  
BURGERS • SUBS • SALADS • POUTINE  
902-895-5050 | 148 Esplanade St. Truro, N.S.  
**ONLY \$5.00**  
Lunch Special  
Slice of Pepperoni Pizza and a can of pop  
Truro location only ~ 11am to 2pm  
Expires February 28, 2018

**Ho-Ho Wok RESTAURANT**  
Chinese & Canadian Food  
**TREAT YOUR VALENTINE!**  
Eat In or Take Out  
902-893-4646  
902-895-1441  
23 INGLIS PLACE, TRURO WWW.HOHOWOK.CA

**The Best In Boots!**

New Styles for Men and Women!  
**10%** off selected items

AA Wearhouse  
Italian Made Footwear

Grisport  
A WORLD TO DISCOVER  
MADE IN ITALY

152 Esplanade, Truro Centre  
902-940-1703

**AVG. CloudCare™**

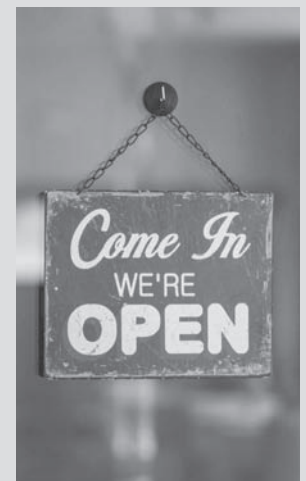
Is a virus driving you crazy?  
Bring it to us for CPR - \$83 + HST

Need antivirus Software?  
AVG Antivirus - \$50 + HST for two years

**www.failSAFE-computer.com**  
10 Dominion Street  
893-2171  
askus@failSAFE-computer.com  
Proudly Educating our Customers in Plain English



- COMPUTER & LAPTOP SALES
- WIRELESS/ROUTER SECURITY
- VIRUS & SPYWARE REMOVAL
- CABLES & ACCESSORIES
- OPEN: Mon.-Fri. 8:30-5:30  
Saturday 9:00-1:00.



**Maritime Auto Parts**  
*greenparts*

Award Winning. Since 1932.

**Browse online at**  
[www.maritimeauto.com](http://www.maritimeauto.com)

- New and Used Car Parts
- Rebuilder Cars & Trucks
- Shipping Canada Wide
- 1 Year Extended Warranty Available

We've got your part, CALL US TODAY!  
**1-800-565-7278**

Interac VISA MasterCard

ARC