# Mindspace @ Sunset;

We will be creating much needed space in the mind with meditation and breathwork techniques overlooking the beautiful view of the Tenerife sunset.
Releasing stress, fear, heavy energy and connecting with a sense of peace, health & vitality.
You are invited to set your own intention / wish / prayer – or you can choose the intention I set for the class, should it resonate with you, as the sun sets over the ocean / the neighbouring Canary Island: La Gomera.
Then deeply relaxing into a guided "savasana" …the ultimate Yoga posture… laying down on your back releasing and recharging your body, mind & more. If you find yourself wishing for more time in savasana when yoga classes end, or perhaps if you just 'don't get it', or constantly fidgeting and dislike laying still, then this could be an interesting and enjoyable explorative experience into this key part of yoga, this key part of true relaxation.

This is mostly a non-movement based class, no yoga mat is needed, just a comfortable seated position for the mini meditation and somewhere flat & comfortable to lay down for 'savasana' (props & blankets should you so wish)
This class comes with a warning… you will be super relaxed! You may even fall asleep! However I encourage you not to fall asleep as we will be working between the realm of being completely relaxed in mind & body and the state of sleep.

(Easy sleepers: please remember that I am not physically there to gently wake you up so if you think you might fall asleep then you may wish to set a softly sounding alarm to awaken you just incase!) You can do this class in your PJ's and get an early bed if you like!
Sleep is the most restorative and therapeutic way for us to heal, if like most of us, you have suffered with lack of and poor quality sleep during this time then this may be the solution for you to enjoy deeper sleep and sweeter dreams. Class will be between 30-40 minutes.

Let's start our week with the best nights sleep, I hope you can make it on Monday!