

# Stretch, bend, breathe, relax.

## Shelley teaches Yoga for life

Anyone looking to improve their health and flexibility need look no further than Shelley Robinson's new Yoga classes which have started in the area.

Shelley has been practicing Yoga for the past 30 years, and teaching for 24, and for those of you trying to do the maths, she started at just 16 years old! Yoga hooked Shelley from the outset, providing a tool to cope with life, as well as creating a healthy body, and she went on to train as a Yoga teacher with the 'British Wheel', whilst also working in the NHS where she specialised in health promotion. She managed a district-wide health promotion programme, providing classes in physical health as well as yoga related relaxation and general well-being. Shelley has also worked with Bradford Cancer Support, setting up their cancer information centre as well as running classes for cancer sufferers and their carers. She included this work in her Health Studies degree dissertation, which looked at yoga as a support following breast cancer (Further details can be found on Shelley's website, [www.shellyyoga.com](http://www.shellyyoga.com).)

For the past 2 years, Shelley has been focussing on her own development, by living at a yoga retreat in south Wales. This has allowed her to learn more about traditional yoga in great depth. When she left the



retreat, she decided that she wanted to integrate her passion for yoga into her everyday life, and resolved to teach yoga full time. Shelley approached Kickstart for some support, and met with the rural Enterprise coach, Candy Squire-Watt. Together they looked at her business planning, and how she might develop her contacts to start running classes. They also spent time going over the finances to ensure that the numbers added up, and would allow Shelley to make a living. Shelley said; 'Kickstart were really helpful, they gave me confidence to know there was someone there I could go to with questions, and I was always sure of a quick response.'

Shelley is currently running classes in Oxenhope and Denholme, and is looking at setting up more classes in Skipton and Hebden Bridge. She also works one to one with clients who prefer a more in depth approach. Please contact Shelley direct for class details.

Contact: [www.shellyyoga.com](http://www.shellyyoga.com) tel: 07957488639. Kickstart is part-funded by the European Regional Development Fund. For further information please see [www.bradfordkickstart.com](http://www.bradfordkickstart.com) tel: 08009539503 or [info@bradfordkickstart.com](mailto:info@bradfordkickstart.com).



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[shellob@hotmail.co.uk](mailto:shellob@hotmail.co.uk)  
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