



## Weekly Classes in Okido Yoga

Run by Okido Natural Health Education Trust Ltd

Please e-mail: [tomokosyoga@hotmail.com](mailto:tomokosyoga@hotmail.com) or call Tel: [01442-260601](tel:01442-260601)

### North London

Day & Time: Tuesday 7:00 – 8:30pm

Venue: British School of Shiatsu-Do, Unit3 Thane Works,  
Thane Villas (off Seven Sisters Road), London N7 7NU

Class runs on a Drop-in basis. Fee: £12 per lesson

Yoga mats, blocks, cushions and blankets are available.

### Watford

Day & Time: Thursday 10:30am – noon

Venue: Friends Meeting House  
150 Church Road, Watford, Herts. WD17 4QB

Class runs on a Half-Term basis with a discounted fee when paid in advance.

If you want to attend on a Drop-in basis, £10 per lesson is payable.

Please bring your own yoga mat, block (purchasable from us) and blanket.

### Kings Langley

Day & Time: Monday 8:00 – 9:20pm

Venue: Kings Langley Parish Council  
Charter Court, Vicarage Lane, Kings Langley, Herts. WD4 9HR

Class runs on a Half-Term basis with a discounted fee when paid in advance.

If you want to attend on a Drop-in basis, £10 per lesson is payable.

Please bring your own yoga mat, block (purchasable from us) and blanket.



## If the location or time doesn't suit you,

please ask us about organizing your own class or private lessons, whether for a single trial session or regular meetings.

### Teacher: Tomoko Mori (Mrs)

Okido Yoga emphasizes the importance of applying the essence of yoga in our daily activities. Therefore in our classes, we do not only do poses of traditional āsana, but also use techniques for correcting imbalance, coordinating breathing and movement, and focusing strength on the centre of gravity (hara), which brings softness in the upper body. Tomoko has been developing her teaching techniques since 1984 by following Master Oki's philosophical guidance. In her lessons, the first part aims to recreate a stable physical condition, using a variety of exercises, both individual and with a partner or working in a group, in order to develop a sense of physical integration and balanced energy. In the last part of the lessons, students experience the comfort of relaxation or meditation.

Tomoko says, "The classes are not divided by levels of experience, suppleness or stamina. Everyone works according to their own ability and condition. On the other hand, we can all enhance our capacity by working with different people in the class. Following the principles of uniting body, mind and breathing is the most important aim, so that everybody receives the same quality of effect, which should not be measured by differences in appearance."

Please leave 2 hours after a meal before practice.

Please don't wear jewellery, tight clothes or a watch.

Concession fees are available to students and those with financial difficulties.

Please contact us for the Christmas, Easter and summer breaks.

