

## Village Business

# Ruth White Yoga

It was 40 years since I stood in the garden at East End, North Leigh but all the childhood memories came flooding back. It was our hearts' desire to move back to the Cotswolds. John and I were living and working in Surrey. John, a custom hand-made shoemaker, had to commute to John Lobbs in London every day.

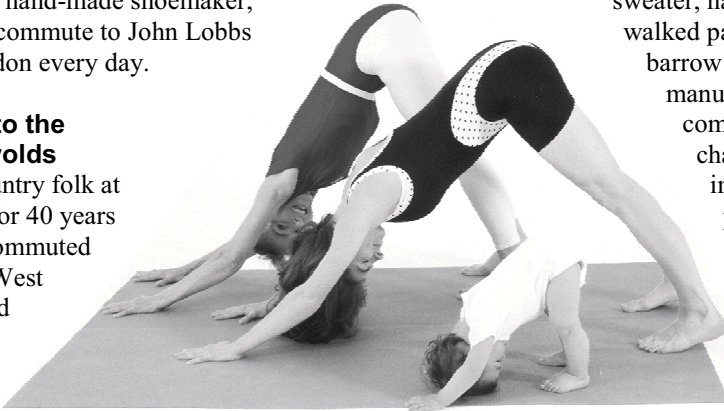
### Back to the Cotswolds

So country folk at heart, for 40 years John commuted to the West End and we ran our

gear in our teaching – Londoners fly in and out of a class; the locals here have time to talk.

### Pinstripes to Horse Manure

John, in cords and a baggy sweater, has just walked past with a barrow of horse manure – a complete change of image from pinstripes, polished shoes and black



Yoga Centre in Cheam. We were delighted when Christine, our eldest, upped and moved to Chippy with her family; we followed suit last Christmas. When we stepped into the spacious flagstone kitchen of Lane House Farm, Shipton I wondered if we would ever be lucky enough to live there; the owners, Rachel and Richard Stacey, were keen to sell to us.

### Teaching Yoga

We now teach yoga in Milton and Shipton; 25 students arrived at our first class. They were friendly and encouraged us, in fact 3 are now training to become teachers. When talking to Jill Drew about yoga being a 'stress release' she assured me: "You won't find much stress around here; in fact you're overdressed in a Barbour!" It is true and we had to change

briefcase! We still commute on two days a week; returning home is such a pleasure.

### Easing Back Pain

Our 3 children were brought up on Yoga and now our daughters, Christina and Karuna, both teach. You do not have to be fit and supple to try yoga; it is for normal (stiff) people and brings back balance and strength. We started because we had back troubles and we were impressed to find when we worked in the postures we became free of pain; it works and has many other benefits.

### Ruth White

*Classes are held on Mondays at 7pm in Milton Village Hall and on Tuesdays at 9am in Shipton. Come for a free introductory class; for further details ring Ruth on 07740 704288.*