

# Q&A

## Question:

I do not have time. What can I do?

## Answer:

One of the reason I have started these one-to-one and small group classes is because I saw that in our busy world fitting health and exercise in is getting more and more difficult. Class times are flexible and can be agreed on a week-to-week basis to allow for travelling and other engagements.

Daytime, weekends, evenings, or even early morning classes are a possibility. You may not think now that you want to practice at 6am in the morning but you may find that is the best time for turning inward as the energy of the morning uplifts you.