



I am very grateful to previous and current participants for their kind words about my classes.

Yoga is an essential in my hectic lifestyle. Vikki brings a huge wealth of experience, warmth and fun to the whole experience.

I'd recommend that everyone try Yoga – it's a prerequisite for people with busy lives.

Vikki's warmth, experience and sense of fun makes sessions relaxing, enjoyable and rewarding.

Ante-natal Yoga with Vikki is a must for any mum-to-be! Five years on I still attend regular Yoga sessions benefiting from core strength, relaxation and a sense of wellbeing.

Sarah, Marketing Manager

I believe yoga is the best preparation for giving birth;

Yoga gives you the ability to relax and breathe so that your body can stretch..... And labour is one big stretch!

I felt prepared for my pregnancy and labour physically, mentally and emotionally;

Physically, my body became more use to stretching and breathing.

Mentally I was prepared by listening to others in the class and hearing their birth stories, helping me to feel I knew what to expect.

Emotionally I felt able because of the calm and magical atmosphere Vikki created around the birthing process.

I really enjoyed my labour with twins and I owe a great part of that to the good preparation I had in Vikki's pre natal yoga classes.

Nancy and her twin boys

Mrs Vicky Winstone has been known to me for more than four years.

Vicky has been my Yoga tutor for the last two years and is highly competent in this role.

As a teacher. Vicky is competent, safe and conscientious. For instance, she always clearly explains the relationship between pose and counter-pose when introducing the class to a new posture.

Similarly, she takes time to listen to each student at the start of each class, so that she can monitor their attention to safe practice. She will tailor the class to allow for any physical impediments of which she is made aware.

At all times Vicky observes practice in the class environment, which allows the students to feel confident to learn new aspects of Yoga. Also, she insists that her student understand the importance of practising more basic postures, in order to gain greater insight and awareness of the life-enhancing qualities of Yoga.

It has been a delight to be a student of Yoga under Vicky's guidance.

Tony
DC MCC MMCA

Postnatal yoga is fabulous. I was worried about going as my daughter is quite high energy and likes a lot of attention, however I took her bouncy chair and lots of toys along and she was very happy and relaxed watching me do yoga. The babies are very much part of the class, it is accepted they will make noise and cry and Vikki will help out if she can to keep them amused. I have really enjoyed doing yoga in such a welcoming and relaxed environment; I feel I have a bit of me time back when I am in a class and the physical benefits are amazing.

Lucy (Midwife) and Jasmine 4mths

I joined Vikki's anti natal classes when I was expecting my first child. Vikki made me realize, through yoga, how my mind and body are connected and that I had a choice how I approached the birth of my baby.

It turned out to be a very positive experience which wouldn't have necessary been the case if Vikki hadn't made me so aware. I will always be very grateful to her for that.

I continue to go to Vikki's classes now and she continues to teach in her kind, caring, unselfish and inspiring way. She is a very special teacher. I have been to other yoga classes but I was just doing the postures; there was no connection to my mind or my breath, Vikki has managed to awaken that in me.

Yoga will now be with me for life and I feel very lucky to be attending Vikki's classes so I can continue to learn from her.

Tracy

Time has flown and Zachery is already nearly two weeks old. I still think about his birth quite a lot and I am pleased and proud of myself that I was able to give birth to him 'properly'. Thank you so much for your support during the labour and birth, I am pretty certain that if it hadn't been for your presence I would have ended up being transferred into hospital and demoralised again.

You were really great in helping me conserve my energy whilst still encouraging the contractions. I know my husband found your presence a help and instead of feeling lost he was able to give me comfort and care.

This birth, at last, I was allowed to be truly myself and I can't think of anything better than that.

With gratitude and love,
Abbey and Zachery (fourth baby)

I started yoga classes with Vikki in 2007 with a bit of trepidation, my previous experiences of yoga classes having been of the competitive "who can this position for the longest" variety. However, I soon became hooked and found myself practising postures at home and integrating yoga into my life in all sorts of unexpected ways. Although there was a mix of abilities and experience in the class, there was no feeling of being a beginner - Vikki always gives gentle encouragement to everyone to work to their own level.

Since attending Vikki's classes I have become much more aware of my body's capabilities, and this has enabled me to use it more effectively in other, seemingly unrelated, activities such as cycling and horse-riding. I use breathing techniques all the time - to help me sleep, calm me down, slow my heart rate and still my mind. At some level Vikki's yoga teachings have probably infiltrated into all aspects of my life, although not in an obvious way. I am certainly a much happier, healthier and less-stressed person than I was when I started yoga with Vikki.

On a professional level I see many pregnant women who want to use homeopathy during their pregnancy. Many of them also attend Vikki's antenatal yoga classes (and if they don't, I recommend that they do). The feedback that I get from these women is inevitably that they learnt more from Vikki than from antenatal teaching classes or from their midwives, and without exception they all benefit hugely from Vikki's knowledge and wisdom. Many of the women who attend the yoga classes are in their second, third or fourth pregnancy, and most seem to experience an easier birth than those who haven't done yoga in pregnancy.

Mary-Jane
Homeopath & N.A.E.T. Practitioner

I just wanted to say a big thank you for all your advice and support throughout the time I have been coming to yoga. I really love the classes and information you give there and I will really miss the Saturday morning 'me' time.

Looking forward to post natal yoga.

Lynds, and twins Robert and Noah

Thank you for everything!

Ante natal yoga really helped on the 'B' day.

Your advice and warm personality has made the yoga experience very special.

Looking forward to the post natal class.

Inbar and baby Leon

I discovered Vicki when I was looking for a prenatal yoga class during my first pregnancy. I was very conscious that I didn't want my limited hip and leg flexibility to interfere with my plans for as natural a childbirth as I could manage.

When I began, I couldn't sit with crossed legs for more than three minutes without losing sensation in my feet. So I came to the classes looking for a physical solution but discovered that yoga offers so much more. As a first time mother-in-waiting, I found the prenatal classes offered a real sense of family and solidarity, encouraging all of us to share our experiences, and building growth and self-confidence in our new physical selves.

Vicki's knowledge-base and skills as a prenatal educator are fantastic, and I developed a good understanding about what was happening to my body and how I could help myself through a time of great change. The inbuilt social time after the class was also lovely, as I got to know other attendees – mums whom I still see out and about one year later. Most surprising to me was the personal and emotional time-out that yoga gave me. I didn't expect the physical stillness to become something that I crave on a weekly basis, but I do!

I went on to attend post-natal classes, which Vicki carefully tailors to develop both physical and emotional sides – I still think about a room full of new mums attempting our first handstands since childhood and smile about the total sense of exhilaration and hilarity that ensued! I have been attending yoga classes regularly for over a year, now, and I am completely hooked. Personally, I take from it on many levels: it is "me time" and social time, it helps with my core strength, gives me flexibility for sport, and, frankly, it is now something that I can't do without. I look forward to continuing my journey with yoga for many years to come!

Casey

As with my first pregnancy, I was very keen to attend a pregnancy/antenatal yoga class when pregnant with my second baby. I really enjoyed attending Vicky's classes, which were on a Saturday morning, and wished I had started them sooner in my pregnancy as I only joined when I was 30 weeks pregnant. Not only are the classes an excellent form of gentle exercise during pregnancy, they can also aid with some of the pregnancy-related aches & pains - Vicky is very knowledgeable in this area and will offer suggestions on postures to assist with this. I really wanted to attend a specific pregnancy yoga class, as opposed to a regular yoga class, as I wanted to be sure that I was only doing yoga postures suitable for pregnancy and I therefore felt very comfortable attending Vicky's class as she is very experienced in this area of yoga.

Vicky's class is also a great opportunity to chat, about all sorts of topics, with other expectant mums and Vicky who is an experienced yoga/active birth instructor and mum!

Plus they also offer the opportunity to relax & unwind for a couple of hours and totally switch off from your hectic life.

I would strongly recommend attending this class as it's more than just any exercise class - you'll come away with advice on breathing techniques & postures for birthing as well as new friendships formed over a number of weeks - unlike other antenatal classes which may be very short in duration. I am still in touch with many of my yoga-mum friends from my first pregnancy (over 3 years ago) and have now made new friends from attending Vicky's class.

Another benefit is that Vicky then offers a post-natal pregnancy class (which you can bring your baby too) which helps get you back into shape gently (including pelvic floor exercises) as well as being able to chat with new-mums over a cup of tea & biscuit.

I have known Vikki and been attending the Little Yoga rooms for about four years. I first started when I became pregnant with my first child. I knew that I wanted to do some form of exercise during my pregnancy and liked the idea of ante-natal Yoga. The first class I attended was great, introduction and breathing, yoga positions, relaxation and then fruit tea and biscuits - just what every pregnant mummy needs! Apart from feeling fantastic at the end of the class and enjoying the welcomed tea and biscuits I met lots of other first, second and third time mums, some of whom I'm good friends with now. I enjoyed the classes so much that I attended a post-natal class with my baby which enabled me to exercise without letting him out of my sight! I have subsequently attended the ante-classes during my second pregnancy with twins and am sure this helped with both my labours. Having three children under 3 and a half and having enjoyed the yoga classes so much I now attend an adult class just for me - and it's great! Thank you Vikki xxx

Cheryl

I first met Vikki about 7 1/2 years ago when I was pregnant with my 1st child. I saw an advert at the hospital for pregnancy yoga and decided that was just what I needed to complement my very hectic lifestyle, it turned out to be the best decision I ever made.

Pregnancy yoga was a revelation to me, not only did it teach me to relax and exercise my newly expanding body, it also gave me back my power as an expectant mother. I got to meet other pregnant ladies and shared experiences and worries and made some good friends, some of which I am still in contact with today. As well as the fantastic yoga, Vikki also gives you lots of information with which to make informed decisions. The best example of this was the choice of where to have my baby, as far as I know it was the local hospital and that was it. Vikki at one of the classes introduced the idea of birthing centres and it is fair to say that she was single handily responsibly for me having my daughter in a Birthing pool at Crowborough Birthing centre, it was one of the best experiences of my life. She also gives you all the knowledge to know what to expect at every phase, pregnancy, birth and those first few weeks. I found the breathing I learned in classes invaluable, nobody teaches you that in Antenatal classes any more. The techniques I learned got me through the birth experience with just the minimal amount of gas and air.

I found yoga had got into my soul and continued with adult yoga which I find completely grounds my world. I can have the most awful week and drag myself to a class with my head feeling like it is going to explode, and leave that class 1 1/2 hours later feeling like a new person, my thoughts are clear and I feel completely energised.

When I fell pregnant with my second child I went back to Antenatal classes which I again really enjoyed, it continued to bring clarity to my thoughts and ease my newly aching muscles. I also greatly enjoyed tea (even though Vikki never managed to get me to drink a fruit tea!) and biscuits at the end of the session and again the fantastic by product of the classes was making some fantastic friends. I can not stress enough how valuable it is to make those friends, you all have shared experiences, it gives you someone to talk to and get reassurance from, they are going through the same things at the same time as you. Those friendships continued through post natal classes where we could take the babies with us, it was such a fantastic class and I thoroughly enjoyed the gentle reintroduction to yoga.

I continue with Vikki teaching me yoga today and I find Vikki to be a truly inspirational person, she encourages you to push yourself, without being pushy herself. She also has a really calming ability and when she talks the class through a relaxation and visualisation I find myself in the place she is explaining.

I can honestly recommend Vikki as a truly fantastic teacher who has the ability to get yoga into your soul.

Sarah

I have been attending yoga classes with four tutors for over 9 years and with all honesty I can say she is one of the best. Her balance of pose and counter pose, positive approach, consideration to peoples various physical limitations and the general professional attitude she exudes means I will continue classes for the foreseeable future.

Paul

Just a quick note to let you know how much I enjoyed your pregnancy and post natal yoga classes. I had no previous experience of yoga before joining your pregnancy classes but after my first few sessions, I wondered why I hadn't tried it before!

As you know, Eve is my first baby and I had wanted her birth to be as relaxed and as natural as possible. It was! ... and I truly believe that it was the skills I learnt at the classes that enabled me

to make that happen. Mark and I plan to have more children and now I can't imagine not going to yoga classes during my pregnancy!

The post natal classes were also fantastic for getting my post-baby body working again.

Since having Eve and as a result of what I have learnt through the classes, I have decided that I would like to train as an Active Birth/yoga for pregnancy teacher and hope to start this training towards the end of the year. I've also started a diploma of higher education to become a breast feeding counsellor and whilst this isn't directly related to the yoga, I feel my experience of yoga during and after my pregnancy played a part in the decision to start that course.

Anyway, just to say thanks and keep up the good work really. Having roped Mum into joining us on a Wednesday, we are both enjoying the classes very much and seem to be getting more flexible by the week!

“Yey” for the Little Yoga Rooms!

Alexis