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Herts Hotel Sales Expert 'branches out' after work

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Beales Hotels Group Sales Manager Lynn Marsh-Jones is branching out after work and can be found in a yoga tree pose in the grounds of the local four star hotel West Lodge Park.

Lynn has been studying yoga for a decade and is a qualified instructor, teaching classes at the North London Yoga Studio. After colleagues expressed an interest in learning more about the philosophy of yoga, Lynn has opened weekly classes at West Lodge Park Hotel, Enfield and Beales Hotel, Hatfield.

"I teach Hatha Yoga to beginners and intermediate level students, classes are gentle and suitable for most people, no matter of age and fitness level," said Lynn.

"At my classes students get a gentle introduction to basic yoga postures. You probably won't work up much of a sweat in a hatha yoga class, but you should leave feeling taller, looser and more relaxed.

"I like to start every class with a little philosophy as I feel it is important that students have an understanding of what yoga is and the ethos behind it in order to gain the maximum benefit from their practice."

Once the warmer weather arrives, Lynn will be taking her class out of the function rooms and into the beautiful arboretum at West Lodge Park Hotel. In such a stunning setting, surrounded by 35 acres of landscaped gardens, the students should excel at the famous yoga tree pose 'Vrikasana'.

The Beale Arboretum was founded in 1963 and contains many rare examples from around the world. It provides an oasis of open space and peace within the M25.

Yoga With Lynn classes are £10 per session. Mats are provided but places are limited, so please contact Lynn to book a place by emailing yogawithlynn@hotmail.com or call 07963 589718.

Guided tours of the arboretum can be enjoyed on Sunday 14th May, when the hotel opens its grounds as part of the National Gardens Scheme, raising money for charity. Visit www.bealeshotels.co.uk for more information.