

It's time to find your Move in North Berwick

There are workouts to suit every level and mood at Move Yoga in North Berwick, finds Gaby Soutar

I've been intrigued by Move Yoga since it opened earlier this year. The studio is in a rather incongruous spot, in the public car park in North Berwick, but up some stairs on the first floor.

Founded by Katy Wakefield, they offer barre, sculpting and various kinds of yoga classes for all levels.

I thought I'd try the Dynamic version, since I was feeling unusually energetic on a Monday evening. This falls into their Move Fast category, with more meditative practices falling into Move Slow.

Your first session at this location is free, and I was happy to see mine was being taken by yogi and long distance swim athlete, Lisa Shaw, who is one of the six teachers here.

I've been to her classes in Edinburgh before, and she always offers sessions that are fun and challenging. She also plays a great soundtrack of electronic music, which works really well with the movements.

The studio is low lit, with mirrors running along one wall, and, in the corridor, there are nooks and



hanging spaces to put your coats and paraphernalia.

I took my own mat, as it's a thicker version to cushion my old joints, though they also provide them.

The 75 minute session started with some gentle meditation, wrist rolls and stretching. There were some sequences that rippled from plank to crouching, then to child's pose.

Then it geared up into some very dynamic movements, with flow sequences that got faster and shorter.

There were some balancing poses that I've never done before, and they

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seemed to kick my brain into gear, as well as my body. We'd go from three legged dog to lizard pose, then swing the back leg round, and over the top of the other knee into a twist, before standing on the top leg and lifting the other.

Then we'd move from that off-balance and asymmetric pose to a straight-on standing one. Wow. This required a lot of concentration but I forgot that my body could actually do stuff like this. I tend to move like a robot in my daily life, and am not as feeble as I think.

There are other poses too, ones that stretch the hamstrings, and test my hip flexors. All the bits that have been asleep, while I atrophy at my desk all day.

I got quite a high from doing in this class, and it reminded me why I loved yoga in the first place. Movement is medicine, as Wakefield says.

Dynamic Yoga, Monday evenings, 7:30pm to 8:45pm, 45 Melbourne Place, North Berwick, first class is free, then £12 each, with other pricing available, see www.moveyoga.co.uk

MUM'S THE WORD

Dyslexia delivers a different view of the world



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saw that same couple earlier," says Youngest as I'm driving along. "They must just be walking in squares."

"You mean circles," I say.

"No, the streets don't go in circles. Round here they're in straight lines so they're walking in squares. Or maybe rectangles."

Meanwhile her friend in the back of the car is recounting how she'd paid for a block of driving lessons then broke a limb and couldn't do them so couldn't get the money back.

"Oh so you'd paid in abundance?" says Youngest.

"You mean advance?" I say, and her friend and I laugh.

"No, I mean in abundance. Don't be condescending."

"Sorry."

Now that I know Youngest Child is dyslexic it all makes sense. I should have picked it up earlier but in my defence it's not that obvious when a child knows every word of her favourite bedtime stories, plus she has beautiful handwriting, can spell and has good vocabulary. It's when written sentences and wordage gets too long that she loses track.

In retrospect she knew the stories by heart from memory (I certainly did – how I hated the Disney Princesses book, a gift that was disappeared when I could no longer thole the airhead princesses and mansplaining, square-jawed princes).

The dyslexia also explains why she didn't click I was changing the fairy tale endings. Happily ever after? Nope. Cinderella moved into the castle, chucked him out to live in a

shooting lodge, installed multiple walk-in wardrobes for all of those amazing dresses and founded a successful property business.

I should have clicked when Youngest simply stopped reading books around the time she left primary school. Even a child with amazing recall will struggle to commit a whole Harry Potter to memory.

"Why bother?" Middle Child used to say. "Eldest has read them all. Just ask him. Or watch the films like I did."

Anyway, I ken noo, and so do her educators, so life for Youngest just got easier.

"You mean life for people around me just got easier," she says. "I'm fine. What's inside my head has always been inside my head and that's how I see things. It's an advantage other people don't have. A way of seeing the world."