

RISE & SHINE



Peckham's famed yogi hangout Yogarise has opened a second studio in the Bussey Building

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Award-winning yoga studio Yogarise was founded by Peckham couple Emma and Sean Hitzelberger. The welcoming space that they have created is renowned for its solid community vibe. Misty the dog is regularly to be seen scampering around, and cups of warming herbal tea flow freely amidst a comfy chill-out area scattered with magazines and mindful colouring books.

'We offer a range of classes and workshops with some of London's top teachers, at affordable prices, every day of the week,' says Emma Hitzelberger. 'Studio 1 is open-plan with grey vinyl floors and chipboard walls, whereas the new Studio 2 has a more intimate feel.' You'll also find Yogarise up on the Bussey Building rooftop from June to September, and Hitzelberger runs regular workshops at Sweaty Betty in East Dulwich, where she is an ambassador. 'We host two community classes per week, with profits going to different charities,' she adds. She's keen to support emerging artists and designers by exhibiting their work, too.

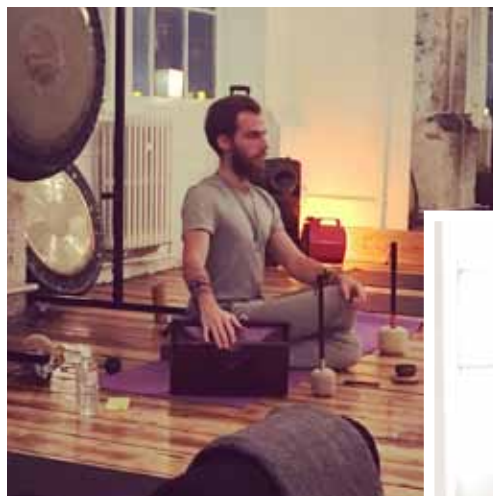
There's classes for pregnancy yoga, and complete beginners are catered for. 'Yoga is non-judgmental,' says Hitzelberger. 'It's not about whether your neighbour can touch his toes. It's a

personal practice, just you and your mat, with the teacher there to guide you.'

For more seasoned yogis, there's dynamic vinyasa, hatha, energetic rocket yoga and the relaxing, slower-paced yin style with meditation. When I dropped in on a Monday morning, I trialled Dynamic Vinyasa Flow with Brixton teacher Erin Prichard, who has been teaching for over 11 years and also runs retreats further afield. It was hard work

physically, accompanied by a decent dose of philosophy – my session was focussed on the idea of detachment and letting go – and I left the studio feeling a million times better for it. Prichard herself is a real fan of the Bussey Building. 'There's a real mix of people from different backgrounds and of different ages coming together,' she says. 'The whole point of yoga is union, and in London, which can be so isolating, it's really special to have that.' For Prichard, the asana – the physical practise – is only a small part of it. As she and Hitzelberger affirm, life is for living. Namaste.

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Yogarise has brought the best teachers and experiences to Peckham

