

Couples are the trend in yoga class

Instructor Pauline's sessions give rise to new phenomenon

by Sam Blewett

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Couples have been flocking to Havering yoga classes in what the instructor believes to be a new phenomenon.

Pauline Ward, of Rainham, has noticed over the last six months that more and more are attending her classes.

The trendsetters, who she calls her "star couple", are John and Jean Schollhammer, 72, and 68, of Freeborne Gardens, Elm Park.

Pauline said: "Jean used to come to my classes and after a while she asked her hus-

band to come. He protested as he thought it would be all women but after he tried it he's loved it ever since.

"In the last six months there's been more and more couples coming.

Knee injury

"We've got seven now. It seems to be a little bit of a phenomenon.

"It's a great activity you can do together. It's not just for men or for women. It's for everybody."

Jean has been going to Pauline's classes since 1999



■ Couples at the yoga class, Peter Grant and Deborah Stanley, left, Pauline Ward and John and Jean Schollhammer

after she suffered a knee injury. She said: "John took a bit of convincing but when he came he really enjoyed it. We've never looked back."

Pauline said that the gentle exercise is suitable for everybody.

"Many other couples are just ordinary people who are looking for a 'wellbeing'

class, one they can enjoy together that caters for all levels and abilities."

She said that her Supple Strength class was: "Just right. It is an infusion of yoga and pilates exercises which strengthen the core, works on your posture, stretches and relaxes you."

She added: "I call John

and Jean my star couple as they have been coming so many years and they are just lovely. They are a shining example of what I would like to be when I get to 70."

Classes are held across the borough. For more information, contact Mrs Ward on 07821 969405.

Free offer on training package

A life-changing opportunity to get fit and healthy for free is being offered by a nutritionist and personal trainer.

Steve Chandiwana, owner of Extreme Nutrition Store Ltd, is looking for someone who wants to change their lifestyle to join a 16-week training and nutrition journey which, if completed, will be completely free.

He said: "We are looking for someone who is willing to put all their energy into changing their way of life." He will interview people first to see if they are committed.

The closing date is February 21. Contact Steve on extreme-nutrition@live.co.uk for details.



Valentine's Day treats See this week's Recorderlife

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■ Toni and Rhys Cornhill in the soft play area

Soft play invitation for toddlers

A Hornchurch mum who swapped her high-flying City career to start a soft play hire company for children has started a toddlers' group.

Toni Cornhill, 38, worked as a procurement administrator in London's financial hub for 10 years but found it hard to balance business with family life after

having her two children.

"Work didn't want me to do part-time and it didn't fit around the children," said Mrs Cornhill. "So I acknowledged that I had an opportunity and it went from there. I've not looked back since."

Her company, Cheeky Tots Soft Play Hire, started solely as a hire

company but last month she started the Mother and Toddler Soft Play Group where children can explore the ball pits, slides and soft toys. It is at Bulphan Village Hall, Church Road, Bulphan.

For details, call Mrs Cornhill on 07973123867 or visit www.cheekytots-softplay.co.uk.

Strictly a good way to keep fit

A Strictly Come Dancing-inspired fitness class has been launched.

Last week, Maria-Louise Field, who runs Zumba-Beats, started the ballroom and Latin-infused classes created

by Strictly stars Natalie Lowe and Ian Waite.

Miss Field said: "You learn dance moves and get fit at the same time and you don't need a partner - that's the beauty of it."

Classes are on Tuesdays at North Romford Community Centre, Collier Row, between 11am and noon.

For details, contact Miss Field on 07957 613516.