

Gentet, Matthias

From: [REDACTED]
Sent: 23 October 2013 10:57
To: Planning
Subject: 2013/6326/P

Follow Up Flag: Follow up
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Dear Planning Department,

I am writing in regard to the proposed closure of Tri-Yoga in Primrose Hill. I am unsure of the stage of proceedings but wanted to briefly share my personal experience of Tri and how closing it would be extremely sad for the local community and would also leave a huge gap in health expertise locally which is needed.

During my pregnancy I had many problems and Nadia Narin a centre teachers support was invaluable. She helped address problems that frankly had not be solved by the NHS. For example what to do when the baby was breach, helping me to see an acupuncturist who turned the baby. She helped many women get the right advice during pregnancy which isn't always easy. The massage person on site helped my very bad back.

For myself and many women who attend classes, yoga is an integral part of life to help deal with stress. And without it would have significantly more problems.

The classes helped me emotionally through a devastating time when my partner left me. Tri yoga became a huge support, I made local friends, received expert advice and treatment when I needed sensitivity in the right environment.

And once my baby was born formed wonderful relationships with the mothers and babies I had met there whilst pregnant. Life long friendships.

The centre isn't just for the super rich of Primrose Hill it offers community classes and children's classes. I had financially problems and would go to the affordable classes.

We are always being told keep fit mentally and physically but if every health centre is turned into offices really what are the councils priorities?

The community needs places where they can come together, single parents like myself need support from Other people. We don't all have family around us and a centre like Tri brings people together.

The proof is when I take my little boy to Tri he lights up as he remembers the feeling and warmth there.

I would be very grateful if you could let me know how the plans for the site evolve and take my views on board. Tri yoga creates value and we need to be encouraging more of this in society not less.

Many thanks
[REDACTED]

Sent from my iPhone