

# What's On



## Tuesday - Teen Yoga

4.45pm - 5.45pm

£7 per person



Teen yoga classes aimed at 12 to 16 year olds and led by **Vic Williams**. A fun class to introduce your teen to the benefits of yoga and relaxation techniques to support their own physical and mental wellbeing.

For further details and information on suitability contact **Vic on 07789 694 000**

## Tuesday - Pregnancy Yoga

6.30pm - 8.00pm

£78 for a block of 6 classes or £15 per single class



Classes are run by Birthlight Yoga teacher and Doula, **Nikki Barrow Barile**.

Nikki's classes are a totally unique offering to pregnant women in and around Farnham. Having trained with some of the most highly regarded birth professionals in the UK, she draws upon all her training and experience attending births as a Doula to deliver a varied and exciting class.

For more information or to book a place go to [www.mylittlebubble.co.uk](http://www.mylittlebubble.co.uk) or call **Nikki on 07512 691 925**

## Friday 5th April

Restorative Yoga and Meditation

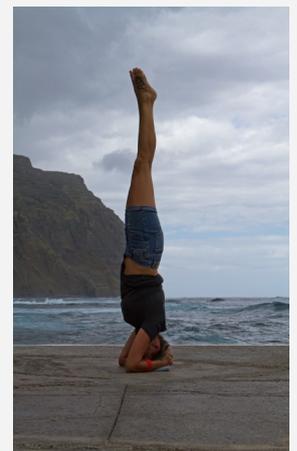
7.30pm - 9.30pm

£25 per person

This 2 hour class will give you a deeper insight into the practice of Pranayama, Hatha Yoga and the Chakras.

The aims of the workshop are to:

- practice Pranayama (breath control)
- release blockages in the energy flow through a gentle YIN yoga practice
- experience the benefits of Yoga Nidra (deep relaxation)
- enjoy time with yourself and unwind.



To book your place, please contact **Babs on 07749 342 040** or email [ivarayoga@gmail.com](mailto:ivarayoga@gmail.com)

# What's On



## Saturday 13th April

**Deep Dive Flow with Charlotte Temple**

**9.30am - 11.00am**

**£15 per person**

An extended yoga class with more postures we may not normally have the time or space to explore. Expect a strong vinyasa sequence, firing up the core, shoulders and glutes, creating space in the body to play around with some fun postures, like arm balances and inversions. Although this practice will be modifiable to everyone, not recommended for absolute beginners.



For further details and information on suitability contact **Charlotte at [charlottetempleyoga@gmail.com](mailto:charlottetempleyoga@gmail.com)**

## Saturday 4th May

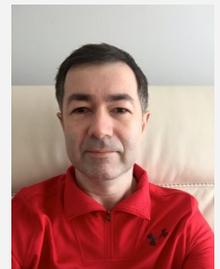
**Yoga in the NHS and Social Prescribing**

**Seasonal Yoga Teachers**

**10.00am - 11.30am**

**£20 per person**

This workshop will look at yoga within the NHS. Also the exciting up coming developments, such as for social prescribing and staff wellbeing programme and includes other recommendations such as for lower back pain. It will include a talk for 40 minutes and a 45 minute class on how to deliver yoga and the class content within this context.



Call **Sue Woodd on 07788 584746** or email **[sue@suewoodd.com](mailto:sue@suewoodd.com)**

## Sunday 12th May

**Rest, Restore and Renew**

**3.30pm - 5.00pm**

**£15 per person or 1 Studio class credit**

Enjoy a softer, more mellow approach to stretching.

Moving like liquid gold to melt our bodies into a slower paced, grounded, sequence of shapes. Release cranky joints and increase flexibility with the added bonus of giving yourself permission to relax. Finishing with guided meditation / yoga Nidra.



For further details and information on suitability contact **Vic on 07477 926577**. To book a place go to **[www.thestudiodurhamhouse.co.uk](http://www.thestudiodurhamhouse.co.uk)** or use **the MindBody app**

# What's On



## Seasonal Yin Yoga training

Seasonal Yin Yoga with Sue Woodd and Tamara Melvin

Sundays 10.00am - 5.30pm

28th April	Spring
19th May	Early Summer
14th July	Summer
11th August	Late Summer
15th September	Autumn
17th November	Winter



**£95 per module or £495 for all 6 modules**

A full day workshop, each season exploring Yin Yoga.

The day includes a discussion of the seasonal influences for that time of year and in depth advanced seasonal information. The anatomy of the organs and muscle associations of the season, focusing on the yin postures of the season and their anatomy in detail, including the use of meridians and pressure points.

We then have a yin practice before lunch applying our learning. We will be exploring the adjustments necessary for each posture and also the mental and emotional influences which can be positively strengthened by mindfully moving the body, whilst at the same time enhancing the flow of energy to the organs.

We shall also be looking into the Taoist philosophy behind the practice. Each day will end with another yin practice, bringing together all ideas of the day. This is a great course to advance your seasonal learnings and we have allowed time between each of the days to embed the practice.

£95 per module or £495 for all 6 modules, these will continue to run into the future and so you are welcome to buy a block and attend the module when you can.

There is a possibility that we can fit one in during the week, should you have to miss one, in order to get the certificate after attending the 6 days adding 50 hours YCEP to Yoga Alliance.

Contact **Sue Woodd on 07788 584746 or email [sue@suewoodd.com](mailto:sue@suewoodd.com)**

## Saturday 1st June

Workshop on Chair Yoga and Qigong

Seasonal Yoga Teachers

9.30am - 11.30am

£20 per person



This workshop will provide you with fundamental meridian moves and stretches that can be done in a chair and also an insight into seasonal (Chi Kung) Qigong which can be performed seated or standing and make excellent warm ups for a seasonal class.

Call **Sue Woodd on 07788 584746 or email [sue@suewoodd.com](mailto:sue@suewoodd.com)**

# What's On



**Saturday 15th and 22nd June, 6th, 13th and 20th July**

**Introduction to Yoga Nidra course**

**10.30am - 12.00pm**

**£125 per person for the 5 week course**



In this 5 week course we'll explore the deeply relaxing, balancing and meditative practice of Yoga Nidra, including a brief introduction to the history and philosophy.

Group discussion, gentle asana and pranayama to prepare and Yoga Nidra practice sessions all included. Recordings of the sessions for home practice will be supplied.

Open level - all welcome, no prior experience needed.

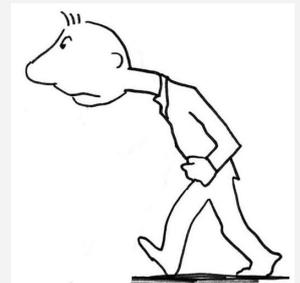
To book: [yogawithannak@gmail.com](mailto:yogawithannak@gmail.com)

**Saturday 15th June**

**Walking With Awareness powered by the Alexander Technique**

**1.30pm - 4.30pm**

**£80 per person (early bird special £75 if paid for by 1st June)**



The Alexander Technique is a self help technique that re-educates your body back into good postural habits by optimising the natural balance of the head, neck and back. It increases your body awareness, improves natural movement and makes you more mindful. It improves your balance, co-ordination and posture in everything you do, increasing performance. Applying the Alexander Technique to your walking will **improve your gait** and help you see the benefits of regular walking.

Being more balanced will **reduce strain on your joints**, creating less wear and tear. Being more body aware and working with the design of your body will **enable** easier movement and less discomfort. You will get a lighter, easier stride making walking less effort. So if you enter a room sounding like a herd of elephants rather than a gazelle then this workshop could be for you!

In this 3 hour workshop we will look at:

- how to walk tall
- balancing your pelvis into a neutral position to help prevent back and hip pain while walking
- ankles and their importance for balance and movement
- feet, in particular the "gait" or walking cycle
- how to be more aware of yourself when walking to re-connect with good natural movement.

The course will be studio based. Number of participants is limited to 6 people for individual attention.

**For more information or to enrol contact Jane on 07775 618 822 or email: [jane@greatposture.co.uk](mailto:jane@greatposture.co.uk) [www.greatposture.co.uk](http://www.greatposture.co.uk)**

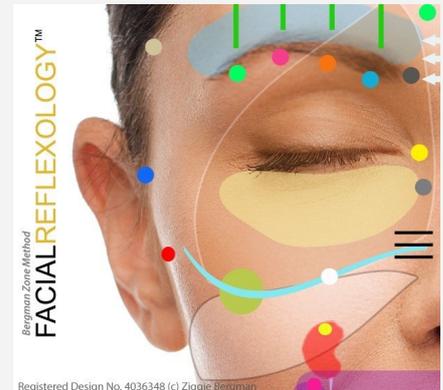
## Sue Masters Holistic and Beauty

### Bergman Zone Facial Reflexology™

Free 15 minute taster sessions throughout April\*

#### Benefits of facial reflexology:

- helps to relieve congested sinuses
- relaxes muscle tissue in the facial area, which can have a beneficial effect on relieving headaches, migraines, TMJ disorders and bruxism
- encourages lymphatic drainage
- stimulates the body to eliminate toxins
- improves skin tone and texture through increasing blood flow and circulation to the facial area.



This method of facial reflexology was developed by award winning reflexologist Ziggle Bergman. It is a non-invasive, natural complementary therapy based on the same principles as foot reflexology. It provides the same therapeutic benefits as regular reflexology but with some wonderful added benefits. Although not classed as a facial or beauty treatment, facial reflexology is a wonderful natural way to achieve a beautiful radiant glow and healthier, younger looking skin.

As with foot reflexology, if you are a new client, your initial appointment will include a free 15 minute consultation before your treatment. This will give us the opportunity to discuss your medical history and review your current health and lifestyle choices. This is followed by a relaxing 30 minute treatment using facial oils which will leave your skin feeling nourished and replenished. Bergman Method Facial Reflexology™ is a much gentler, slower treatment in comparison to foot reflexology, however, the therapeutic and visible benefits of this treatment speak for themselves.

**Please note:** Bergman Method Facial Reflexology™ may be booked as an individual treatment for £35. Or for total relaxation it can be incorporated in to a longer, more luxurious treatment for 90 minutes, which includes foot reflexology for £70.

\*only basic medical history will be taken during taster sessions

Please call **Sue on 07876 353423** or email [suemastersholisticandbeauty@gmail.com](mailto:suemastersholisticandbeauty@gmail.com) for more information or to book a session.