

# 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

6.15pm - 7.45pm

£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 1st February

Mindfulness Introductory Workshop

7.30pm - 9.30pm

£25 per person (refunded if you join the 8 week MBSR course)



Are you feeling stressed, overwhelmed, out of balance or finding it hard to cope? Or do you simply want to learn how your brain works and understand yourself better?

Mindfulness is a great way to help you meet your daily challenges, improve your well being and quality of life. Mindfulness has been scientifically proven to help with anxiety, stress, OCD, depression, chronic pain, PTSD and more.

You can learn:

- to be more aware and gain new perspectives
- greater resilience, understanding and positive attitude
- how to avoid negative patterns of thinking / behaviour
- to manage stress better, become calmer and find peace of mind
- how to incorporate mindfulness into your everyday life.

To book a place contact **Babs on 07749 342 040** or email [isvarayoga@gmail.com](mailto:isvarayoga@gmail.com).

For further information visit [www.isvarayoga.co.uk/mindfulness](http://www.isvarayoga.co.uk/mindfulness) or [www.innerfocuscounselling.co.uk/mindfulness](http://www.innerfocuscounselling.co.uk/mindfulness)

# What's On



## Sunday 2nd February

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)

## Friday 8th February

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)

## Sunday 10th February

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



## Friday 15th February (also 22nd February, 1st and 8th March)

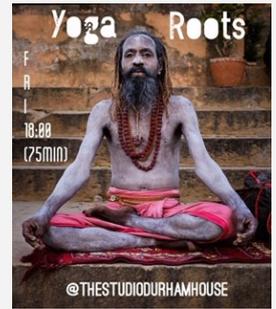
Yoga Roots with Brad van Bylevelt

6.00pm - 7.15pm

£10 drop in

Expect a strong authentic practice with lots of sun salutations and arm balances, along with meditation, pranayama and chanting.

To book a space contact **Brad on 07511 095 636.**



Mens Yoga with Brad van Bylevelt

7.30pm - 8.30pm

£10 drop in

Yoga for the male athlete. We will work on strengthening and opening of the hamstrings, hips, back, shoulders, core. Proper alignments and longer holds will help heal and prevent injuries. Good for the body and also calming for the mind.

To book a space contact **Brad on 07511 095 636.**



## Sunday 17th February

For the Love of Yoga - A Couple of Yogis

10.00am - 11.30am

£20 per person discounted to £15 for A Couple of Yogis members

Fall deeper in love with your yoga practice as A Couple of Yogis take you through the 8 Limbs of Yoga in this 90 minute explorative workshop of philosophy, physical movement, breath work and meditation.

Herbal teas and homemade breakfast bars available afterwards.

To book a space email **acoupleofyogis@hotmail.com.**



## Saturday 9th March

Spring Awakening Yoga With Natalie and Yvette

9.30am - 12.00 noon

£30 per person

A refreshing and exciting new season begins in March as it signals the awakening of Spring, a beautiful time of renewal and growth. Long awaited change is greeted with open arms as it's time to emerge from the inward hug of Winter, recharge your yoga practice and stir up the power to spring forward with our joyful practices.

Joyful Fluid Flow - Natalie  
Joyful Low and Slow - Yvette

To book a space email Natalie **info@nataliecyoga.com.**



# What's On



## Sunday 10th March

Rest, Restore and Renew

3.30pm - 5.00pm

£15 per person or 1 Studio class credit



The wonderful combination of Yin Yoga and Yoga Nidra for Spring.

In the first half of the workshop we will practice a low, slow, seated Yin sequence suitable for all levels to achieve a deep stretch.

Then we will glide into our Yoga Nidra - a kind of yogic sleep in which you are deeply relaxed and yet your mind still receives all the relaxing and releasing cues which bring about total restoration.

For further details and information on suitability please contact **Vic on 07477 926 577**. To book a place go to [www.thestudiodurhamhouse.co.uk](http://www.thestudiodurhamhouse.co.uk) or use **the MindBody app**.

## Sunday 10th March (17th and 24th March)

Become a Non Smoker in 2019

6.30pm - 8.30pm

£100 per person for three, 2 hour sessions



Viv Evans and Dr Andrea Hass are teaming up to bring a unique course to Durham House for those who would like to become a non smoker in 2019.

The course will consist of three, 2 hour sessions starting on Sunday 10<sup>th</sup> March and continuing on Sunday 17th March and Sunday 24th March.

There will be no “smoking is bad” lectures, just helpful support with the aid of hypnotherapy and cognitive behavioural therapy techniques to help reduce the impact of cravings. The course costs just £100, that's less than 10 packets of cigarettes.

For more information or to book a place e-mail Viv [viv.evans@hypnohealth.co.uk](mailto:viv.evans@hypnohealth.co.uk).

## Sunday 23rd March

Spring Awakening Equinox of the Vernal

Half day retreat with Holly Jewell

10.00am - 2.00pm

£45 per person



Designed to strike the balance between yin and yang, to gather and draw energy inward and release it outwards. Beginning with an energising kriya, pranic breathwork and a moving meditation, transitioning through an invigorating yang vinyasa. Followed with a deep seated yin practice before releasing into a restorative sav asana and final relaxation before a Tibetan bowl sound healing and healing reiki. All bodies of all levels most welcome.

You can book a place at [www.yogabyholly.co.uk](http://www.yogabyholly.co.uk).

## Sue Masters Holistic and Beauty

### Valentine's Day Offer

Give the gift of a pamper voucher to someone special.

Spend £50 or more and receive an Elemis gift worth £25.

Spend over £100 and also receive a £10 facial voucher to spend within 3 months of receipt.

To book call **Sue on 07876 353 423.**

Vouchers available for any treatment / any amount.

Visit the website [www.suemasters.co.uk](http://www.suemasters.co.uk) for inspiration!



## Sarah Sewell

**For the whole of March Sarah is offering a discount of 25% on bookings for anyone new to ScarWork. There is no limit to the number of sessions a patient may book during this period.**



Do you have scars caused by accident or surgery?

Does your scar feel tight, uncomfortable and cause 'pulling' sensations?

Does the scar affect your movement or full range?

Do you have nerve irritation and sensitivity, or maybe numbness on your scar?

Do you worry about the cosmetic appearance of your scar?

Then ScarWork could help alleviate your symptoms! ScarWork is a light touch, gentle treatment suitable for all patients, including children. The specialised techniques can be used on old or new scars to integrate the adhered scar tissue, helping improve function of the surrounding tissues and visual appearance. Sport and Remedial Massage Therapist Sarah Sewell, based at the Durham House Fleet clinic, is qualified in ScarWork and also Advanced ScarWork for treatment post breast cancer surgery and reconstruction.

Changes may be seen after just one session but most patients will need between 3 - 6 treatments.

For more information or to book an appointment call the **Fleet clinic on 01252 622 050.**