

Welcome to The Studio

We are proud of our offering

We think our Studio offering is great and our instructors are fantastic and, from your feedback, it seems that you agree with us too!

Our **Flexi Core** classes, lead by our chiropractors, focus on injury prevention and are a great compliment to the treatment received in the clinic. Learn how to move in a way that compliments your body, with a focus on good form and control in movement, using body weight to develop your core strength, balance and flexibility. The beginners class starts at a very basic level with a gentle introduction. In the intermediate and advanced classes, exercises can be progressed quickly to challenge any individual. These can be accompanied by a free consultation with one of our chiropractors to address any specific issues or worries before attending a class.

Yoga: Our beginners class is for anyone who is new to yoga or for those who have not practiced for some time. These classes introduce the relevant exercises to focus on learning the fundamentals of yoga, including good technique, breathing, neutral spine and centring. Once you have become confident with the basic moves, you will be encouraged to join the mixed ability classes to further develop your practice with modifications and variations in a small friendly group.

Pilates: The new Stott™ beginners pilates class format is aimed at beginners, those wishing to attend classes on a drop-in basis or those on the road to recovery from injury that are pain free. It will cover all the key principles to allow safe execution of the basic exercises, as well as build a firm foundation of knowledge and proficiency for those wishing to advance to the intermediate level classes.

Barre Concept is an all over body conditioning workout for all ages and abilities. A barre concept workout contains the grace, moves and posture of ballet, the core strength and control of pilates and the alignment of yoga. Barre concept is a low impact workout which stretches and sculpts the muscles whilst burning body fat. It is an up-beat class with a focus on physical results and pure enjoyment.

But did you know that we also hand pick other instructors to teach in our Studio to ensure that we have an offering that reflects our ethos and place in the community?

Here are a couple of our regular classes.



Pregnancy Yoga – Nikki Barrow Barile

Nikki runs pregnancy yoga with active birth classes and mum and baby yoga classes in the Studio. She also offers active birth workshops.

She completed her training with Janet Balaskas, founder of the Active Birth Movement.

This training programme has been described as ‘ground breaking’. It is unique in that it encompasses the physiology of birth and the importance of hormones during labour, active birth techniques and also the emotional and psychological side of pregnancy and birth and exploring ways that women and their partners may strengthen their emotional state for birth and beyond into becoming parents.

Nikki is a pregnancy and post natal yoga teacher, trained with ‘Birthlight’ and is also a qualified Doula. Her personal experiences of natural birth and training as a Doula make her well equipped to deal with the variety of birth choices and outcomes that a woman may choose or be faced with.

Nikki can be contacted via the Studio or her website www.mylittlebubble.co.uk or on 07512 691925.

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Teen Yoga – Vic Williams

The teen yoga qualification was constructed with the help of specialist adolescent neuroscientists, anatomists, psychologists and yoga teachers. This enables Vic to teach yoga and mindfulness specifically to 11 to 18 year olds. The teen classes have classic sun salutations and flows sequenced to music, static postures to stretch all muscle groups, basic breathing technique, relaxation technique, partner work and, most importantly, fun and games. The classes are constructed to work on:

- Breathing techniques for relaxation, focus, concentration, anger management and self-awareness.
- Specific stretches designed to help with anxiety, stress, sports related injuries, stiffness, muscular skeletal issues and a more positive body image.
- Dynamic sequences for increased circulation, increased heart rate, to relieve stiffness, to relieve boredom and fidgety behaviour, strengthening and toning.
- Relaxation sequence with visualisation to help with better self image, forgiveness, compassion and conflict resolution.
- Release of mental, physical and emotional tension.

Vic is also qualified to teach yoga to babies, children and adults and is a Level 3 Coach within the Sports Partnership. She teaches yoga and mindfulness in schools and runs children's workshops on understanding the neuroscience behind feeling panicked or anxious, how to relax, breathe and calm the mind.

She can be contacted via the Studio or her website www.VictoriaWilliamsYoga.com or on 07789 694000.

Yoga for Small Groups – Natalie Perry

As well as being one of our barre concept instructors, Natalie leads a small group yoga class each week on a Thursday.

Attending a small group class gives you the benefit of focused, individual attention as well as frequent opportunities for hands on adjustment. It allows Natalie to support you in a way that most safely and appropriately matches your needs, in a relaxed environment where questions and dialogue are encouraged.

Expect to feel nurtured, gain a greater understanding of your own areas of development (and celebration!) and, most importantly, to grow in health and confidence.

To find out more Natalie can be contacted by email on natalie@i-feelgood.co.uk

