

What's On



Monday 7th January

Barre Concept Beginners Course

9.30am – 10.30am

£40 per person for 4 weeks



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.

For further details and information on suitability contact **Vic on 07477 926 577**. To book a place go to www.thestudiodurhamhouse.co.uk or use the **MindBody app**

Tuesday 8th January

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 8th January

Pregnancy Yoga with Active Birth Classes

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 or call her on **07512 691925**

“More than just breathing exercises, stretching and relaxation, Nikki is an expert Doula and active birth teacher so you’ll learn invaluable techniques for pregnancy and labour. I tried a different pregnancy class before Nikki’s.....this one is the best!”

What's On



Saturday 19th January

Stand Tall and Improve your Posture - Alexander Technique

1.30pm – 4.30pm

£80 per person early bird special offer £75 if paid for by 5th January



In this three hour session we will look at how to achieve good head, neck and back alignment, thus improving body image, posture and poise.

The course will make you more aware of the design of your body and how to work with it.

We look at how you carry less tension in your body when you are more balanced and co-ordinated in activity, making movement easier and lighter. This reduces pain and discomfort, as well as improving posture and poise.

Only 6 places so plenty of individual attention.

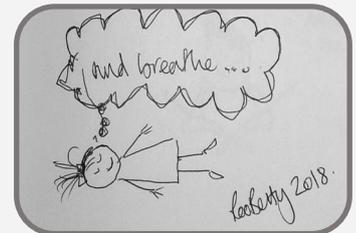
For more information or to book a place contact **Jane on 07775 618 822 email Jane@greatposture.co.uk or go to www.greatposture.co.uk**

Friday 25th January

My Yoga Club

7.00pm – 9.00pm

£15 per person



A relaxed and chilled out yin yoga class to get you back to a calm, refreshed and chilled out you. An hour and a half of pure bliss, dedicated “ME” time.

For more information or to book a place go to www.myyogaclub.co.uk/workshopdays.html

Rest, Renew, Restore

Yin Yoga and Yoga Nidra

£15 per person per class or 1 Studio class credit

Pre-book your dates for 2019

Sunday 10th February

Sunday 10th March

Saturday 6th April

Sunday 12th May

And our extended Christmas bliss class -

Sunday 9th June

Sunday 7th July

Sunday 13th October

Sunday 10th November

Sunday 8th December



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.

For further information visit www.isvarayoga.co.uk/mindfulness or www.innerfocuscounselling.co.uk/mindfulness



Saturday 2nd February

Active Birth Workshop

12.30pm – 4.00pm

£90 per couple, £60 per single attendee or additional birth partner

Some of the topics covered include the benefits of active birth, understanding each phase of labour, the birth process and the hormones involved, the birth environment and creating the optimal space to birth, whether in hospital or at home.

We also discuss breathing awareness, visualisation and affirmation techniques, active birth movements and positions for labour and birth, massage techniques and pressure points for labour, exploring natural pain management options, how to include your partner and welcoming your baby: the first hour and bonding.

Handouts included.

For more information or to book a place go to www.mylittlebubble.co.uk or contact **Nikki** on **07512 691925**



What's On



Sunday 10th February

Rest, Restore and Renew

3.30pm – 5.00pm

£15 per person or 1 Studio class credit

We welcome you to the lovely combination of Yin Yoga and Yoga Nidra offered to you by either Yvette or Vic.



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 contact **Vic on 07477 926577**. To book a place go to www.thestudiodurhamhouse.co.uk or use the **MindBody app**

Sunday 10th March

Become a Non-Smoker in 2019

6.30pm – 8.30pm

£100 per person for three, two-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, two-hour sessions, starting on Sunday the 10th of 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.evans@hypnohealth.co.uk

Sue Masters Holistic and Beauty

Start your new skin story

ELEMIS has carefully curated 4 targeted skincare kits, each containing signature products packed full of potent natural ingredients which deliver real results. Worth up to £75.



Receive it **FREE** when you book a 90 minute Elemis Biotec Facial in January 2019!
(Available while stocks last)

To make an appointment contact **Sue on 07876 353 423** or visit www.suemasters.co.uk for more information about treatments and offers.