

What's On



13th March, 17th April, 15th May, 12th June

Seasonal Restorative Yoga with Kim Blair

7.30pm - 9.00pm

£15 per person per session or £12 if you book 4 sessions

This therapeutic practice is for everyone regardless of yoga style or level. It supports healing and rejuvenation in the physical body, as well as promoting evenness of mind.



For further details please contact **Kim on 07503 183138**. To book a place go to kimbakerblair@me.com.

Seasonal Yin Yoga Training

Seasonal Yin Yoga with Sue Woodd and Tamara Melvin

Sundays 9.30am - 5.30pm

Sunday 19th April Early Summer
Sunday 17th May Summer
Sunday 19th July Late Summer
Sunday 6th September Autumn
Sunday 11th October Winter



£95 per module or £495 for 6 modules

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the core of our consciousness. Take time to empower yourself and connect your mind to the source and allow yourself to recharge and renew.

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 6 modules, these will continue to run into the future 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**

What's On



Saturday 21st and Sunday 22nd March

Mindfulness Workshop with Sarah Silverton

Day 1: 9.30am - 5.30pm

Day 2: 9.00am - 4.30pm

£195 per person for this 2 day workshop



This 2 day workshop is designed for professionals, yoga teachers, teachers and those who work with others and want to bring mindful awareness to their existing roles. This workshop will offer a chance to experience a range of mindfulness practices. Explorative themes will offer a structure to the days, much like threads of a tapestry. The weft threads will be the chance to connect this learning to yourself and your life.

We will explore how developing mindful awareness of our experience might offer a fresh foundation to seeing ourselves and the world. Discovering how mindful awareness can shape and inform the choices we make about how we live our life, moment by moment.

Recognising how an open, curious attitude towards our present moment experience may differ importantly from the way that we habitually process experience and take action day to day. If we have the opportunity to value and learn from our *experiencing* how does this broaden our view and offer more possibilities? Exploring *non doing*, experiential awareness - being with the process of experiencing and learning rather than being predominantly focused on achieving an outcome. Tuning in to our individual experience to have clearer understanding and recognise the lens through which we see the world and how that may limit and shape our approach to ourselves, life and work. Mindful awareness can allow us to have more choices and to be able to tailor our responses.

The two days will offer the chance for us to be introduced to becoming more mindful and aware. The seven themes introduced over the two days will offer windows into this exploration and awareness.

- ◆ *Here and Now* invites us to drop into our sensory, body awareness. We will practice and explore everyday experiencing, listening carefully to what our body tells us about what is here, now, building mindful attitudes that support.
- ◆ *Focusing* helps us to play with the various ways that we can view our present moment experience and choose its breadth and depth.
- ◆ *Human Body* offers a window to recognise the humanness and individuality of how the body can support us, as well as the ways it can challenge us. How do we celebrate and appreciate its mechanisms and wisdom and work with it wisely?
- ◆ *Human Mind* will offer space to explore the thoughts and emotions our human mind generates and how this is so closely connected to the body. We will look at how mindful awareness can offer us ways to relate differently to our mind's activities.
- ◆ *Connecting* helps us to look at the many ways that we can be connected or disconnected from our experience. How can mindful awareness support us to be more connected and allow our connections to support us well? Is it possible to notice and be with ourselves at times of disconnection to learn and grow?
- ◆ *Noticing Choice and Change*. Mindful awareness is not about passivity but instead offers a way to respond rather than habitually and perhaps without awareness, react. It allows us to choose necessary and wise change, or allow and gently hold change that is happening. Letting this arise from awareness of body and mind, our internal and external experience, supported by mindful attitudes, offer a new relationship with choice and change.

We will explore through stillness and movement, everyday activities and activities chosen specifically related to that theme. Individually and together, with our eyes open and closed, we will explore and recognise our emerging experience, discussing and enquiring together to develop understanding.

Want to join us? To book a place on the workshop please contact **Sue Woodd on 07788 584746 or email sue@suewoodd.com**

What's On



Sunday 10th May and Sunday 12th July

Alignment and Adjustment Yoga Workshops with Omar Bulch

9.30am - 4.30pm

£75 per person for one day or £135 for both

Omar has been working in the health and fitness industry since 1999 as a personal trainer and group exercise instructor after being involved in martial arts from an early age. His interest in Muay Thai and functional training lead him to find yoga.

After some time practicing, merely as a way of stretching and recovering from intense exercise, Omar decided to enroll on the Seasonal Yoga Teacher Training course to deepen his understanding of yoga. This year of transformation lead Omar to discover the benefits of regular meditation as well as Ashtanga Vinyasa Yoga.

Since then, Omar has maintained a regular practice and also taken teacher training with John Scott. As well as teaching led Ashtanga classes, Omar teaches on a 'Mysore Style' self practice program, offering assistance and guidance to students. Omar has also started teaching on retreats as well as running corporate workshops, teaching gentle yoga and meditation techniques to help deal with the stresses of working in the corporate world.

Omar teaches Ashtanga and the posture workshops on our teacher training courses.

For more information or to book a place on the workshop please contact **Sue Woodd on 07788 584746** or email sue@suewoodd.com

Sue Masters Holistic and Beauty

Mothers Day Voucher Offer

Only £40

Choose from either facial reflexology, an Elemis taster facial or a relaxing back massage and get a free nail paint!

Voucher must be used within 3 months of purchase. Non-transferable. Available to purchase throughout March only.

Please call **Sue on 07876 353423** or email suemastersholisticandbeauty@gmail.com for more information or to book a session.

