

What's on during April at Durham House.



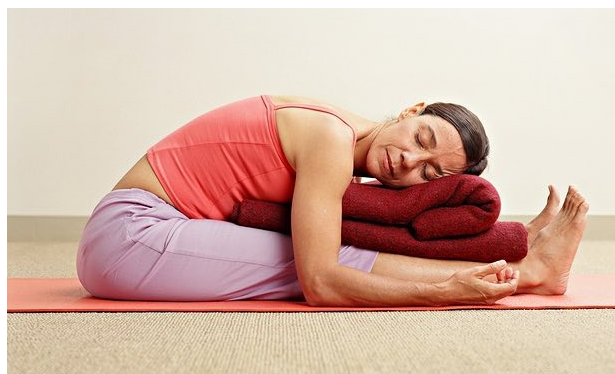
Jane Iredale Make Up Masterclass
Thursday 20th April 11.30 - 1.30pm
£20 fully redeemable against products on the day.



Jane Iredale will be giving you the latest tips and tricks in makeup, helping you to find the perfect make up match for you, and show you how to achieve a flawless application. Your £20 ticket will be fully redeemable against products on the day. All attendees will receive a free goody bag.

Please call Sue at Sue Masters Holistic and Beauty on 07876 353423 to purchase a ticket.

Monthly Yin Yoga Class - Experience the restful calm and restoration of Yin Yoga.
Saturday 29th April 4 - 6pm
£13 per class, including use of bolsters.



Led by Cathy Richardson, and suitable for all levels of students, Yin Yoga generally targets the connective tissues of the hips, pelvis and lower spine. Postures are all practiced lying down. Postures are introduced slowly and held for extended periods, up to 5 minutes per pose. The body is supported with blocks, pillows and other props to allow full relaxation. Yin Yoga counteracts stiffness, encourages a range of motion in all the major joints and is great for stress-relief, improved sleep and an overall feeling of wellbeing.

To reserve your place, email Cathy Richardson on hello@diversityyoga.co.uk.

**Getting Sugar Under Control - Three part workshop.
Begins Sunday April 23rd.
£60 for the entire course.**



Carefully put together by Sarah Brown (Good Food Works), Nutritional Therapist and Viv Evans (Hypnohealth), Hypnotherapist. The course will provide a mix of nutritional advice and a nutritional plan. Along with talking therapies and hypnotherapy to help you with any sugar related habits or behaviours.

To reserve your place email: vivevans@hypnohealth.co.uk

**Mindful walking using The Alexander Technique - Level 1 Course.
A 2 day workshop (4hrs per day)
Saturday 20th May 12pm-4pm and Sunday 21st May 10am-2pm.
A 2 day intensive course £180, payable in advance.
Early bird special offer £160 if paid by end of 2nd week in May**



Do anxiety and tension play a leading role in your life? Move towards a more balanced and energised 'you' by walking away from tension and stress. WellWalking courses have been designed to make you more balanced physically, thus improving posture and poise. You will not only look better but be less tense.

Course leader, Jane Baker has over 12 years experience of teaching The Alexander Technique having qualified in 2005. Jane has developed it into Well Walking courses using her own experiences and those of her clients. With only four places available on this workshop you are assured of having individual attention.

A 2 day intensive course £180, payable in advance.
Early bird special offer £160 if paid by end of 2nd week in May

Call Jane to book: 07775 618 822 or email Jane@greatposture.co.uk