

Sue Masters Holistic and Beauty

Discounted Christmas Pamper Packages*

- ◆ Elemis Express Facial and Eyebrow Shape **£40** (save £13)
- ◆ Reflexology and Toe-nail paint **£55** (save £11)
- ◆ Elemis Frangipani Body Scrub and Back Massage **£60** (save £15)
- ◆ Luxury Scalp Massage (includes back, scalp and face **£70** (save £15))



Spend over £100 on Christmas retail or vouchers, or a combination of both and receive a £20 Elemis facial voucher to spend in January. Spend over £200 and receive an extra Elemis gift!

* subject to availability

Elemis gift catalogue available at reception in Farnham clinic.

Contact **Sue on 07876 353 423** for more details or visit www.suemasters.co.uk for more information about treatments and offers.

Sunday 16th December

My Yoga Club

10.00am - 11.45am

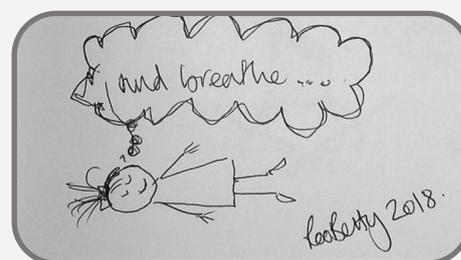
£15 per person

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.

To book a place please go to <http://www.myyogaclub.co.uk/workshopdays.html>

Limited spaces available.



What's On



Sunday 16th December

Durham House Christmas Bliss

Rest, Restore and Renew

3.00pm - 5.00pm

£20 per person or 2 Studio class credits

We welcome you to the beautiful combination of Yin Yoga and Yoga Nidra offered to you by Yvette and Vic, followed by festive nibbles and drinks.



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 926577**. To book a place go to www.thesudiodurhamhouse.co.uk or use the **MindBody app**.

Monday 24th December

The studio will be closed for all classes until Monday 7th January 2019

All the clinic staff and studio instructors wish you a happy healthy Christmas and we look forward to seeing you back in class in the New Year.



What's On



Friday 18th January

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 your place, please 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 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.

To book contact **Jane on 07775 618 822** email Jane@greatposture.co.uk or go to www.greatposture.co.uk



What's On



Friday 25th January

My Yoga Club

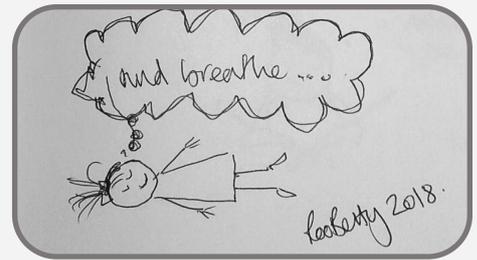
7.00pm - 9.00pm

£15 per person

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Seasonal Yoga Teacher Training

New course starts at the end of March 2019

Seasonal yoga teacher training is an independent yoga school striving for high standards and connecting students with their true nature and the nature that surrounds us all. This course is for those who wish to teach yoga or those who would like to go deeper on their yoga journey.

Using the time honored techniques of yoga and traditional Chinese energy work, this is a course which will look into your personal practice, your diet, your lifestyle, your mindset, your energy and more.

The course consists of 12 intensive monthly modules, with a focus on the Vinyasa practices of Seasonal Flow and Ashtanga Yoga. It includes training and practice in asanas, kriyas, pranayama, mantra, anatomy and physiology, chanting, meditation, chakras and nadis, chi gung and other traditional energy practices.

This 200 hour course is designed to explore yoga in more depth and includes practical and theoretical work. It includes information on how to harmonise your practice and energy with the seasons to create more balance in your lives.

Seasonal yoga uses our understanding of the body's energy lines, how they affect our organs, vital energy, mood and mindset and uses that knowledge to help attune you more to the world around you.

The course meets and exceeds the National Educational Standards of Yoga Alliance at the 200 hour level. You will be a registered yoga teacher upon completion.

For more information call **Sue Woodd** on **07788 584 746**, email sue@suewoodd.com or visit www.seasonalyoga.net.



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