

What's On



Sue Masters Holistic and Beauty

Free Elemis Facial Voucher worth £20 to spend in January when you spend over £100 on gifts or treatment vouchers in November and December (subject to availability).

Elemis gift catalogue available at reception in Farnham clinic.

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

Sunday 17th November

2 Yoga Workshops:

The Jewel in the Lotus

Forrest yoga back bending workshop with Craig Norris

12.00pm - 3.00pm

£30 per person (or £40 for this workshop & the Kirtan and Yoga Nidra)

Join Harbour Yoga for two more wonderful workshops on 17th November led by Craig Norris, a highly experienced and sought after teacher based in London.

In this first workshop, you will explore the things that get in the way of expressing our authentic selves, using an intelligently sequenced Forrest yoga practice, which allows us to express our true spiritual heart. Be prepared to feel, experience and release using the healing energy of this practice and intent.

This workshop is suitable for all levels of experience and practice. There will be something for everyone!

Kirtan and Yoga Nidra with Craig Norris

3.30pm to 5.30pm

£20 per person (or £40 for this workshop & the Jewel in the Lotus)

In the second workshop, Craig will lead you through a kirtan (call and response chanting) and yoga nidra (the practice of deeply restful wakefulness - although deep sleepfulness may be what happens too!).

The session is suitable for complete beginners and more experienced chanters and it isn't about being a good singer at all! Kirtan has a profound healing effect on our physical, mental and emotional state and, coupled with yoga nidra, will leave you with a feeling of openness and connection to yourself and others around you.

A wonderful afternoon not to be missed!

Craig has dedicated his life to studying various forms of yoga, meditation and chanting, including Ashtanga, Iyengar, Satyananda, Baptiste and Forrest styles. He has further deepened his practice and teaching with studies in meditation, Yoga Nidra and chanting, as well as in yoga therapy with Yoga Campus and the Yoga Biomedical Trust. He has a great love for the traditional in yoga and continues to study Sanskrit and Vedic chanting, as well as Vortex Divine Energy Healing.

Both sessions are bookable via **Harbour Yoga at info@harbouryoga.co.uk**.



What's On



Friday 23rd November

Restorative Yoga and Meditation

7.30pm - 9.30pm

£25 per person

This 2 hour class will give you a deeper insight into the practice of Pranayama, Hatha Yoga and the Chakras.

The aims of the workshop are to:

- practice Pranayama (breath control)
- release blockages in the energy flow through a gentle YIN yoga practice
- experience the benefits of Yoga Nidra (deep relaxation)
- enjoy time with yourself and unwind.



To book your place, please contact **Babs on 07749 342 040** or email ivarayoga@gmail.com

For further information, visit her websites www.isvarayoga.co.uk/mindfulness and www.innerfocuscounselling.co.uk

Saturday 1st December

Winter Warriors

9.30am - 12.30pm

£35 per person

Our warm winter workshop will help you to unleash your inner warrior with flowing sequences that will leave you feeling totally energised, your body fully awakened and your muscles, joints and mind alive!

We will close our workshop with a Christmas meditation from Yvette, who will guide you through a gentle journey of inner peace, love, gratitude and inspired stillness at this hectic, vibrant, yet meaningful time of year.

Warm up & warrior Flow- Natalie

Yin plus meditation - Yvette



All levels of experience are welcome, although it's not suitable if you're pregnant or have certain injuries.

To check suitability or to book contact **Natalie at www.nataliecyoga.com**

What's On



Friday 7th December

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



Sunday 16th December

My Yoga Club

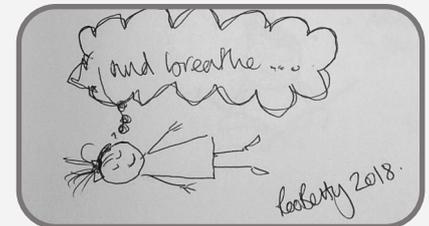
10:15am - 11:45am

£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>



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



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 life-style, 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](tel:07788584746), email sue@suewoodd.com or visit seasonalyoga.net.



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