

# What's On



## Sue Masters Holistic and Beauty

### August Offer

Get holiday ready!

£10 off Elemis body treatments throughout August.

Choose from either:-

- Elemis Frangipani Salt Scrub
- Thousand Flower Detox Wrap
- Body Nectar Frangipani Nourishing Wrap
- Targeted Toning Tightener



Go to [www.suemasters.co.uk](http://www.suemasters.co.uk) for more information and to see the range of treatments available or pick up a price list in clinic. To book a session please call Sue on 07876 353423 or email [suemastersholisticandbeauty@gmail.com](mailto:suemastersholisticandbeauty@gmail.com).

## Seasonal Yin Yoga Training

Seasonal Yin Yoga with Sue Woodd and Tamara Melvin

Sundays 10.00am - 5.30pm

11th August	Late Summer
15th September	Autumn
17th November	Winter



**£95 per module or £495 for 6 modules**

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](mailto:sue@suewoodd.com)

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Over the summer we will be running a reduce schedule in the Studio with some of our teachers and hiring partners taking a break.

## Tuesday - Teen Yoga (returning September 10th)

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**

## Saturday 21st September - THE STUDIO Open Day

8.30am - 4.00pm

We will be hosting 30 minute taster classes for you to try for FREE. If you wanted to know more about the classes and what might be suitable for you, you can also speak to our instructors and teachers. This is an ideal opportunity to try a class in a relaxed environment.

Taster Session Timetable		
Time	Class	Instructor
08:30 - 09:00	Flexicore	Elliot
09:15 - 09:45	Yoga	Vic
10:00 - 10:30	Yoga	Vic
10:45 - 11:15	Pilates	Fiona
11:30 - 12:00	Pilates	Fiona
12:15 - 12:45	Barre Concept	Natalie
13:00 - 13:30	Pilates	Fiona
13:45 - 14:15	Yoga	Vic
14:30 - 15:00	Flexicore	Frida
15:15 - 15:45	Flexicore	Frida

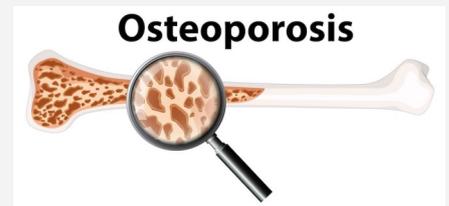
For further details and information email [thestudio@durhamhousechiropractic.com](mailto:thestudio@durhamhousechiropractic.com)

## Saturday 12th October

### Osteoporosis Workshop

10.00am - 12.00pm

£25 per person or 2 class credits



An informative workshop on understanding osteoporosis hosted by Galin Cleary, chiropractor and Fiona Carle, physiotherapist.

We will cover an understanding of the condition and what guidelines are recommended in terms of exercise and nutrition. Jacqui Mayes, nutritional therapist, will spend some time talking about food and nutrition. We will also demonstrate some beneficial exercises for osteoporosis and discuss the benefits of these. You will get the opportunity to try the exercises and have your techniques checked.

There will be opportunities to ask questions about osteoporosis and get the clarity you may need in this practical workshop.

For further details and information on suitability contact **Vic on 07477 926577** or email [thestudio@durhamhousechiropractic.com](mailto:thestudio@durhamhousechiropractic.com)

## Saturday 12th October

### Sound and Reiki Immersion

3.00pm - 5.00pm

£30 per person



Lucy (Reiki master) and Simi (sound healer) invite you to a collaboration of energy healing with sound and Reiki. Immerse yourself in a ceremony with the intention of deep healing, relaxing the body and cleansing the mind. Energetic vibrations (sound / Reiki) clear blockages on a physical and emotional level, making space for what is needed and connecting fluidly with your soul.

We will begin with the diamond breath guided meditation to open your energy channels to receive healing, followed by deeply soothing and relaxing sound of the ancient Tibetan bowls. The sound frequencies created by the Tibetan singing bowls will restore and optimise the flow of energy in parts of your body where this is needed the most. Simi will play her bowls with the deepest intention to align your energies (chakras) and she'll also be giving individual sound massage to experience deeper awareness of this beautiful form of healing. Lucy will weave Reiki intuitively and share one to one to support the free flow of energy in your system, enabling you to reconnect with greater awareness to yourself as well as the world around you.

We will close the practice setting intentions and affirmations as we move forward beyond the moment. There will be an opportunity to reflect on your experience and join us for tea and cake - we are so excited to welcome you.

Limited spaces due to energy exchange of this workshop.

To book email [contact@lucybutleryoga.com](mailto:contact@lucybutleryoga.com)