

What's On



Tuesday - Teen Yoga

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**

Tuesday - Pilates for Beginners

10.45am - 11.45am

£12 per person drop in or a Studio class credit

This class has been added to the Studio timetable on a trial basis. This class is aimed at beginners or those on the road to recovery from injury that are pain free. It will cover all the key principles to allow safe execution of the basic exercises, as well as build a firm foundation of knowledge and proficiency for those wishing to advance to the intermediate level Studio classes.

For further details and information on suitability contact **Vic on 07477 926577** or email thestudio@durhamhousechiropractic.com

Saturday 6th, 13th and 20th July

Introduction to Yoga Nidra course

10.30am - 12.00pm

£125 per person for the 5 week course



In this 5 week course we'll explore the deeply relaxing, balancing and meditative practice of Yoga Nidra, including a brief introduction to the history and philosophy.

Group discussion, gentle asana and pranayama to prepare and Yoga Nidra practice sessions all included. Recordings of the sessions for home practice will be supplied.

Open level - all welcome, no prior experience needed.

For further details and to book email yogawithannak@gmail.com

What's On



Saturday 6th July

Soar into Summer with Yvette and Natalie

1.30pm - 4.00pm

£30 per person



'Soar into Summer' with our solar powered and playful yoga sequences aimed towards Saucha (the first niyama in the Yoga sutras).

'Where attention goes, energy flows' and this is one of the keys to unlocking the gateway that stands between us and our potential.

Our practice will be energetic, fun, intuitive and cleansing, encouraging us to look within to clear out the dirt, remove the unnecessary and all that holds us back.

Each of us has a light inside that shines out into the world, but it can sometimes be clouded or dulled by negativity or outside influences.

Like the sun, we too can create life with our own light - so shine brightly, explore new horizons and journey back to your true self!

To book a space email Natalie info@nataliecyoga.com.

Saturday 13th July

Blindfold Yoga -Seeing From Within

2.00pm - 4.30pm

£35 per person



An inward journey of the senses in a slow summer blindfolded flow complimented by a seasonal yin and restore practise and philosophy interwoven throughout the workshop. Expect a liberating, challenging and refreshing experience to unfold as we withdraw our attention from the screen of the world and allow the heightening of our other senses to bring a much greater presence and mindfulness to our practise.

Learn to let go of your fear of being wrong and trust that where you are is okay. This workshop is perfect for brave and curious yogis who want to learn more about themselves and become more empowered through their yoga practice.

To find out more about the benefit of blindfolded yoga and your book your space

www.yogabyholly.co.uk or email [hollyjyoga@gmail](mailto:hollyjyoga@gmail.com)

What's On



Seasonal Yin Yoga Training

Seasonal Yin Yoga with Sue Woodd and Tamara Melvin

Sundays 10.00am - 5.30pm

14th July	Summer
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.

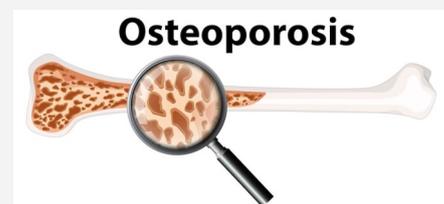
Contact [Sue Woodd on 07788 584746](tel:07788584746) or email sue@suewoodd.com

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 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](tel:07477926577) or email thestudio@durhamhousechiropractic.com

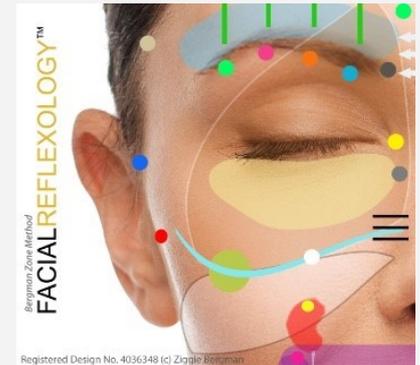
Sue Masters Holistic and Beauty

Now offering Bergman Zone Method **ADVANCED Facial Reflexology**™

Free 15 minute taster sessions now and throughout July*

Benefits of advanced facial reflexology:

- helps to relieve congested sinuses
- relaxes muscle tissue in the facial area, which can have a beneficial effect on relieving headaches, migraines, TMJ disorders and bruxism
- encourages lymphatic drainage
- stimulates the body to eliminate toxins
- improves skin tone and texture through increasing blood flow and circulation to the facial area.



Some people call it a 'mini face lift' - the benefits can literally make you 'glow'

This method of advanced facial reflexology was developed by award winning reflexologist Ziggie Bergman. It's a non invasive, natural complementary therapy based on the same principles as foot reflexology. It provides the same therapeutic benefits as regular reflexology but with some wonderful added benefits. Although not classed as a facial or beauty treatment, advanced facial reflexology is a wonderful natural way to achieve a beautiful radiant glow and healthier, younger looking skin.

The benefits speak for themselves - many people decide to make facial reflexology a regular treat

As with foot reflexology, if you're a new client, your initial appointment will include a free 15 minute consultation before your treatment.

This will give us the opportunity to discuss your medical history and review your current health and lifestyle choices.

This is followed by a relaxing 45 minute treatment using facial oils which will leave your skin feeling nourished and replenished.

Bergman method advanced facial reflexology is a much gentler, slower treatment in comparison to foot reflexology, however, the therapeutic and visible benefits of this treatment speak for themselves.

Please note: Bergman method ADVANCED facial reflexology™ is a longer more involved treatment than the basic facial reflexology and is an option instead of having a foot reflexology treatment.

Price for full treatment is **£50** for a 45 minute session (1 hour and 15 minutes for your initial session which includes a consultation).

For a limited period there is an introductory discount of £5.

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

* only basic medical history will be taken during taster sessions

What's On



Sue Masters Holistic and Beauty

Free gift - ELEMIS 6 piece city escape set

What's INSIDE...

THIS EXCLUSIVE COLLECTION INCLUDES:
Pro-Collagen Rose Cleansing Balm 20g, Pro-Collagen Marine Cream 15ml,
Pro-Collagen Hydra-Gel Eye Masks 1 Pair, Peptide4 Thousand Flower Mask 15ml,
Skin Nourishing Shower Cream 100ml.

1 Pro-Collagen Rose Cleansing Balm 20g
Formulated with delicate English Rose, this soothing balm is the ideal cleansing treatment for a soft and glowing complexion.

2 Peptide4 Thousand Flower Mask 15ml
Enriched with Nordic Peat, this cooling, velvety mousse mask helps improve skin radiance, and revitalise dull, lacklustre skin.

3 Pro-Collagen Marine Cream 15ml
Our award-winning, bestselling day cream is clinically proven to reduce the appearance of fine lines and wrinkles for a plump, youthful-looking glow.

4 Pro-Collagen Hydra-Gel Eye Masks 1 Pair
Clinically proven hydra-gel eye masks formulated to instantly reduce the appearance of fine lines and wrinkles.

5 Skin Nourishing Shower Cream 100ml
Indulge your skin with exquisite shower cream, enriched with Camellia, Macadamia and Jojoba oils for satin-soft, supple-feeling skin.

Yours when you purchase 2 full size products, one to be anti ageing skincare.

Worth **£59**.

Available while stocks last.

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