

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

We are adding a new class to the Studio timetable on a trial basis, starting on Tuesday 4th June. This class is aimed at beginners and 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 8th June

Early Summer Yoga Workshop

2.00pm - 5.30pm

£35 per person



Early summer is a time of connection to prepare for the full potential of summer. We will focus on warming up, just like nature, before the full work out of summer.

The practice will support the organs for early summer, which are the pericardium (the sac of connective tissue that surrounds, protects and keeps the heart in place) and the triple heater (which is in charge of circulation and connects all of our organs and distributed energy amongst them via our connective tissue - fascia).

Our early summer yoga practice will be all about connection, so practicing from the front to the back of the mat, balancing the sun and moon energy and the ideas of moving energy from the centre to the periphery and back.

We will conclude with a Yoga Nidra (conscious sleep to re-charge and train the unconscious mind) after the asana, pranayama and (short) meditation practices.

To book your place contact us: Jane@indiajaneyoga.co.uk or Kimbakerblair@me.com or call **Kim - 07503 183138** or **Jane - 07733 420214**

What's On



Sunday 9th June

Tune into You

One Day Mini Retreat with Kathryn

10.00am - 4.00pm

£149 per person



This intimate one day retreat offers the opportunity for you to make a little more space within.

This unique mini retreat fuses Kathryn's life work in behavioural change, trauma release and resonance. She'll use the soothing sounds of Tibetan Singing Bowls to help reboot your body and unique Coaching Constellation experience to refresh your mind and perspective.

This is for you if:

- Taking time out for yourself is difficult
- There is never enough time to replenish
- Feeling deeply nourished is elusive
- You're ready to use a safe space to explore your inner world in a different way.

You'll leave the day replenished with new tools, fresh insight and a deeper sense of calm to support you with everyday stress.

To book, inquire or request a full brochure email Kathryn@kathrynwakefield.co.uk

Saturday 15th and 22nd June, 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.

To book: yogawithannak@gmail.com

What's On

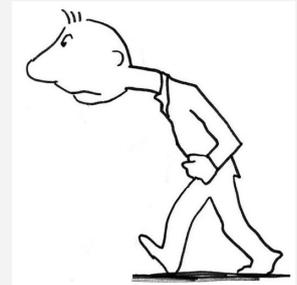


Saturday 15th June

Walking With Awareness powered by the Alexander Technique

1.30pm - 4.30pm

£80 per person (early bird special £75 if paid for by 1st June)



The Alexander Technique is a self help technique that re-educates your body back into good postural habits by optimising the natural balance of the head, neck and back. It increases your body awareness, improves natural movement and makes you more mindful. It improves your balance, co-ordination and posture in everything you do, increasing performance. Applying the Alexander Technique to your walking will improve your gait and help you see the benefits of regular walking.

Being more balanced will reduce strain on your joints, creating less wear and tear. Being more body aware and working with the design of your body will enable easier movement and less discomfort. You will get a lighter, easier stride making walking less effort. So if you enter a room sounding like a herd of elephants rather than a gazelle then this workshop could be for you!

In this 3 hour workshop we will look at:

- how to walk tall
- balancing your pelvis into a neutral position to help prevent back and hip pain while walking
- ankles and their importance for balance and movement
- feet, in particular the “gait” or walking cycle
- how to be more aware of yourself when walking to re-connect with good natural movement.

The course will be studio based. Number of participants is limited to 6 people for individual attention.

For more information or to enrol contact Jane on 07775 618 822 or email: jane@greatposture.co.uk www.greatposture.co.uk

What's On



Sunday 23rd June

Summer Equinox - Half Day Yoga Retreat

10.00am - 2.00pm

£45 per person

Find your glow this summer in a half day yoga retreat. Enjoy a solar powered morning of vibrancy and warmth as we celebrate the summer solstice.

The summer season invites us to burn away impurities and become empowered by the solar energy so that we may embrace all that life has to offer in this season!

We begin with cleansing and purifying breathwork before embarking on a fiery vinyasa flow and then breaking for herbal tea and plant based snacks.

The second half of the morning will see us rejoicing in meditation, chanting and restoration, complemented by a soothing and contemplative yin practice to balance the outward focus of summer's fiery energy with an inward glance during the solstice.

The morning will be accompanied by Tibetan Bowls, essential oils, Bach flower remedies and yoga nidra to close the practise.

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



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.



What's On



Saturday 13th July

Blindfold Yoga -Seeing From Within

2.00pm - 4.30pm

£35 per person



Join me for an inward journey of the senses in a slow summer blindfolded flow complimented by a seasonal yin & 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 yogi's who want to learn more about themselves and become more empowered through their yoga practice.

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

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

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 all 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 all 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](mailto:sue@suewoodd.com) or email sue@suewoodd.com

Sue Masters Holistic and Beauty

Introducing the new Elemis Peptide 24/7 range of facials

Peptide 24/7 Skin Sync

Target tired skin with this radiance-restoring Peptide 24/7 facial.

Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

Restores radiance, rebalances, replenishes

1 Hour £70

BIOTEC 24/7 Skin Sync

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.

1 Hour £80

Deluxe 90 mins £100

Inspired by the body's miraculous inner clock and formulated to support tired complexions, Elemis skin renewing Peptide 24/7 range is made to target the look of tired skin and help you achieve a well-rested glow, around the clock.

Buy 1 get 1 half price in June

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

