

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 - Pregnancy Yoga

6.30pm - 8.00pm

£78 for a block of 6 classes or £15 per single class



Classes are run by Birthlight Yoga teacher and Doula, **Nikki Barrow Barile**.

Nikki's classes are a totally unique offering to pregnant women in and around Farnham. Having trained with some of the most highly regarded birth professionals in the UK, she draws upon all her training and experience attending births as a Doula, to deliver a varied and exciting class.

For more information or to book a place go to www.mylittlebubble.co.uk or call **Nikki on 07512 691 925**

Friday 8th March

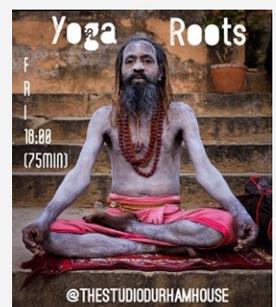
Yoga Roots with Brad van Bylevelt

6.00pm - 7.15pm

£10 drop in

Expect a strong authentic practice with lots of sun salutations and arm balances, along with meditation, pranayama and chanting.

To book a space contact **Brad on 07511 095 636**.



Mens Yoga with Brad van Bylevelt

7.30pm - 8.30pm

£10 drop in

Yoga for the male athlete. We will work on strengthening and opening of the hamstrings, hips, back, shoulders, core. Proper alignments and longer holds will help heal and prevent injuries. Good for the body and also calming for the mind.



To book a space contact **Brad on 07511 095 636**.

What's On



Saturday 9th March

Spring Awakening Yoga With Natalie and Yvette

9.30am - 12.00pm

£30 per person

A refreshing and exciting new season begins in March as it signals the awakening of Spring, a beautiful time of renewal and growth. Long awaited change is greeted with open arms as it's time to emerge from the inward hug of Winter, recharge your yoga practice and stir up the power to spring forward with our joyful practices.

Joyful Fluid Flow - Natalie
Joyful Low and Slow - Yvette

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



Sunday 10th March (17th and 24th March)

Become a Non Smoker in 2019

6.30pm - 8.30pm

£100 per person for three, 2 hour sessions

Viv Evans and Dr Andrea Hass are teaming up to bring a unique course to Durham House for those who would like to become a non smoker in 2019.

The course will consist of three, 2 hour sessions starting on Sunday 10th March and continuing on Sunday 17th March and Sunday 24th March.

There will be no "smoking is bad" lectures, just helpful support with the aid of hypnotherapy and cognitive behavioural therapy techniques to help reduce the impact of cravings. The course costs just £100, that's less than 10 packets of cigarettes.

For more information or to book a place e-mail Viv viv.evans@hypnohealth.co.uk.



Saturday 23rd March

Spring Awakening Equinox of the Vernal

Half day retreat with Holly Jewell

10.00am - 2.00pm

£45 per person

Designed to strike the balance between yin and yang, to gather and draw energy inward and release it outwards. Beginning with an energising kriya, pranic breathwork and a moving meditation, transitioning through an invigorating yang vinyasa. Followed with a deep seated yin practice before releasing into a restorative sav asana and final relaxation before a Tibetan bowl sound healing and healing reiki. All bodies of all levels most welcome.

You can book a place at www.yogabyholly.co.uk.



What's On



Saturday 24th March

Spring Yoga Detox Workshop with Essential Love

11.00am - 1.00pm

£27 per person



Focus is on detox with yoga, nutrition and doTERRA essential oils.

A stretching twisting yoga to allow for maximum release of internal toxins. An exploration of all the detox pathways within the body and how to optimise them.

Learn how to support the detox pathways using nutrition and therapeutic grade essential oils.

Visit the [Essential Love Facebook page](#) to book your place or call Eva on 07896 202137

Saturday 30th March

Yoga for Insomnia

Seasonal Yoga Teachers

9.30am - 11.30am

£20 per person



This workshop will look at why we need sleep, the sleep cycle and types of insomnia and health implications. We'll then move on to look at external lifestyle factors affecting our circadian rhythms and sleep; the energetic body and energy management through the autonomic nervous system and, importantly, how stress directly affects our sleep patterns. Throughout we will focus on how we can use yoga to help. The workshop will be participatory and include pranayama, meditation, marma points and a pre-sleep yoga sequence.

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

Saturday 6th April

Rest, Restore and Renew

9.45am - 11.15am

£15 per person or 1 Studio class credit



Enjoy a softer, more mellow approach to stretching.

Moving like liquid gold to melt our bodies into a slower paced, grounded, sequence of shapes. Release cranky joints and increase flexibility with the added bonus of giving yourself permission to relax. Finishing with guided meditation / yoga Nidra.

For further details and information on suitability contact [Vic on 07477 926577](tel:07477926577). To book a place go to www.thestudiodurhamhouse.co.uk or use the [MindBody app](#)

Seasonal Yin Yoga training

Seasonal Yin Yoga with Sue Woodd and Tamara Melvin

Sundays 10.00am - 5.30pm

28th April	Spring
19th May	Early Summer
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 and 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

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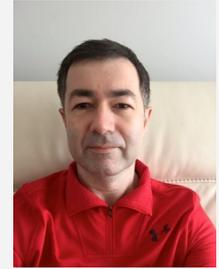
Saturday 4th May

Yoga in the NHS and Social Prescribing

Seasonal Yoga Teachers

10.00am - 11.30am

£20 per person



This workshop will look at yoga within the NHS. Also the exciting up coming developments, such as for social prescribing and staff wellbeing programme and includes other recommendations such as for lower back pain. It will include a talk for 40 minutes and a 45 minute class on how to deliver yoga and the class content within this context.

Call **Sue Woodd on 07788 584746** or email sue@suewoodd.com

Saturday 1st June

Workshop on Chair Yoga and Qigong

Seasonal Yoga Teachers

9.30am - 11.30am

£20 per person



This workshop will provide you with fundamental meridian moves and stretches that can be done in a chair and also an insight into seasonal (Chi Kung) Qigong which can be performed seated or standing and make excellent warm ups for a seasonal class.

Call **Sue Woodd on 07788 584746** or email sue@suewoodd.com

Saturday 15th and 22nd June, 6th, 13th and 20th July

Introduction to Yoga Nidra course

10.30am - 12.00pm

£100 per person for the 6 week course if booked before the end of March

(normal price £125)



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

Sue Masters Holistic and Beauty

**Mothers Day 31st March
Pamper Vouchers available to buy throughout March***

Choose 2 from the following for only £60!
(at least £15 discount)

- Elemis Express Facial
- Relaxing Back Massage
- Pamper Manicure
- Pamper Pedicure



*Terms and conditions apply - voucher needs to be used within 3 months of purchase. Cannot be used for any other treatment other than the choice of treatment above. Not redeemable against retail purchases.

Call **Sue on 07876 353 423** or email **suemastersholisticandbeauty@gmail.com** to purchase.

Sarah Sewell

For the whole of March Sarah is offering a discount of 25% on bookings for anyone new to ScarWork. There is no limit to the number of sessions a patient may book during this period.



- Do you have scars caused by accident or surgery?
- Does your scar feel tight, uncomfortable and cause 'pulling' sensations?
- Does the scar affect your movement or full range?
- Do you have nerve irritation and sensitivity, or maybe numbness on your scar?
- Do you worry about the cosmetic appearance of your scar?

Then ScarWork could help alleviate your symptoms! ScarWork is a light touch, gentle treatment suitable for all patients, including children. The specialised techniques can be used on old or new scars to integrate the adhered scar tissue, helping improve function of the surrounding tissues and visual appearance. Sport and Remedial Massage Therapist Sarah Sewell, based at the Fleet clinic, is qualified in ScarWork and also advanced ScarWork for treatment post breast cancer surgery and reconstruction.

Changes may be seen after just one session but most patients will need between 3 - 6 treatments.

For more information or to book an appointment call the **Fleet clinic on 01252 622 050**.