

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**

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

Friday 10th May

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

What's On



Sunday 12th May

Rest, Restore and Renew

3.30pm - 5.00pm

£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**. To book a place go to www.thestudiodurhamhouse.co.uk or use **the MindBody app**

Saturday 18th May

Asana Fundamentals with Holly

2.00pm - 4.30pm

£30 per person



Perhaps you struggle to find correct alignment in your downward dog, or feel bewildered by your teachers instructions to 'flip your dog'?

Explore the energetics of asana with this alignment based workshop, enabling you to connect on both the subtle and physical level and leave you feeling more confident in your yoga practice.

Designed to be both fun, invigorating and educational, this workshop will benefit both those starting out on their yoga journey and yoga practitioners who would like to refine and improve their practice. This is a perfect time to learn about yoga poses in more detail, be supported in your posture work and ask any questions you might have regarding your practise, as well as time to try out any poses you've either been too afraid to try or are wanting to advance on but just don't know how!

During this workshop we will break down and explore a variety of traditional and more dynamic yoga poses including transitions between postures, anatomy and alignment modifications to suit your bodies needs and ways to advance safely and with ease. Throughout the workshop we will reflect on the physical, emotional and spiritual benefits of each posture, enabling you to develop a deeper understanding of the meaning of your yoga practise.

To book: www.yogabyholly.co.uk or emailing [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

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 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 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](tel:07788584746) or email sue@suewoodd.com

What's On



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**

Sunday 9th June

Tune into You

One Day Mini Retreat with Kathryn

10.00am - 4.00pm

£125 per person early bird (£149 after 11th May)



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

What's On



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.

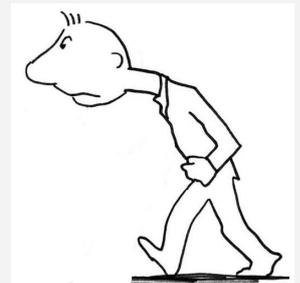
To book: yogawithannak@gmail.com

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.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!

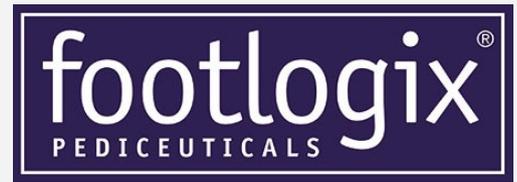
To book a space email Natalie info@nataliecyoga.com.

What's On



Sue Masters Holistic and Beauty

Introducing 2 new pedicures in May



Where Medi meets Pedi®

Footlogix is the world's first and only Pediceutical® Mousse Foot Care line made with pharmaceutical grade ingredients developed by Katherine von Gavel, one of North America's leading authorities and true pioneers in pedi care.

Ground breaking Dermal Infusion Technology®, along with its scientific formulation, enables active ingredients to penetrate faster and deeper into the troubled skin of the feet.

With results seen in just a few days, from eliminating simple dryness to addressing more severe conditions resulting from diabetes, Footlogix has been clinically proven to perform.

The perfect pedicure for men or women. Highly recommended for runners, athletes and anyone leading an active lifestyle. Safe for diabetics.

FootFiX

Focused treatment on general foot problems such as dry, hard, rough skin, cracked heels and calluses to help you on your way to healthy, happy feet. Including a non greasy foot mousse that penetrates moisture deep into the epidermis layers of the skin. It doesn't include any cuticle work and no nail polish.

30 mins - £32

Prescriptive Footlogix Pedicure

Includes nail polish removal, nail trimming and shaping, anti-microbial foot soak, exfoliating seaweed scrub, cuticle care, conditioning cuticle treatment, dry heel and callus work, non greasy moisturising foot mousse, hydrating lotion foot and lower leg massage and your choice of nail polish or buff.

60 mins - £45

New Pamper Pedicure

Experience life in its most enlightened state. Sole-ful™ gives you the power to rebalance, relax, rehab and recharge for the ultimate rejuvenation of mind, body and soul. Includes a full soak, hard skin removal, nail tidy, mask, massage and paint.

60 mins - £40 (add £5 for gel paint)

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