

## Seasonal Yin Yoga Training

Seasonal Yin Yoga with Sue Woodd and Tamara Melvin

Sundays 10.00am - 5.30pm

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](mailto:sue@suewoodd.com)

## Friday 20th September

Restorative Yoga and Meditation

7.30pm - 9.30pm

£20 per person or £15 if you attended the previous workshop

Finding Peace

Do you find it hard to slow down and merely be present? Does your mind tend to wander back towards the past, or constantly glance forward towards the future? In our society we are over stimulated and often rushed, running from one task to another on an eternal treadmill. We hardly get a chance to rest or breathe, let alone feel at peace.

Join us and take some time for yourself. You will have space to pause, relax and enjoy the moment. Workshop suitable for all levels so bring a friend.

To book contact [Babs Freeman on 07749-342040](tel:07749342040) or email: [isvarayoga@gmail.com](mailto:isvarayoga@gmail.com) for a booking form. [www.innerfocuscounselling.co.uk](http://www.innerfocuscounselling.co.uk) [www.isvarayoga.co.uk](http://www.isvarayoga.co.uk)



## 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	Pilates	Eva
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)

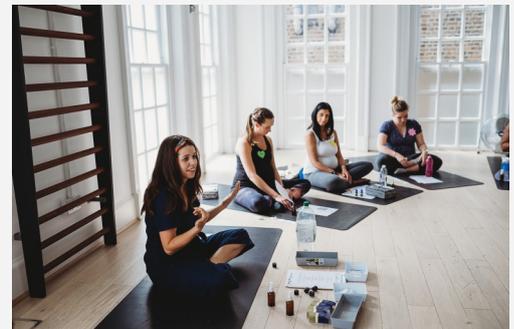
## Saturday 5th October and Saturday 19th October

### Hypnobirthing Course

10.00am - 4.00pm on both days

£295 per couple

The positively birthing course is a full antenatal preparation, preparing women and their birth partners for a positive birth experience. Providing you with evidence based information about your birth choices, tools and techniques to eliminate fear around birth and decision making tools to put you at the heart of your birth experience. The perfect balance of practical tools, relaxation and information!



This includes:

- Full antenatal and hypnobirthing course.
- Ongoing support via email, text message and phone right up to the birth of your baby.
- Private social messaging group with the other members of your positively birthing class (optional).
- Hypnobirthing relaxation MP3s. This will be sent to you when you reserve a place on a course so you can begin to enjoy the benefits of hypnobirthing straight away.
- Positively birthing class pack and goodie bag.

For late November, December and January due dates.

To book visit the website [postivelybirthing.com](http://postivelybirthing.com)

# What's On



## Sunday 6th October

### Autumn Equinox Mini Retreat with Holly Jewell

10.00am - 2.00pm

£45 per person



Help yourself gracefully float your way through the coming months of darkness with this nourishing, grounding and balancing retreat.

The Fall Equinox is the perfect opportunity for reflection and introspection. It's a time to draw inward, dive deep into yourself and refocus on what's important and meaningful.

Embrace a half day of asanas, meditation and breath work to help cultivate a sense of awareness, focus and, most importantly, balance.

During this retreat we will help ground the body through a yin and restore practice accompanied by a yoga nidra to encourage deep restful sleep. We will build focus, strength and balance through a specific focus on asanas that relate to the autumn season. To cultivate reflection and introspection, we will develop our meditation practice using mantras and mudras and spend some time journaling before taking a meditation walk in the park where we will perform a 'letting go' ritual.

Herbal teas and snacks will be provided but please feel free to bring your own food and drink.

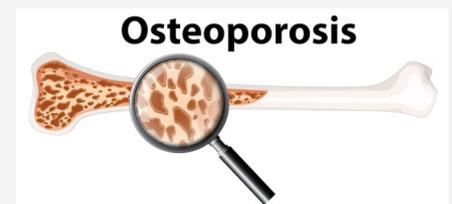
To book visit the website [www.yogabyholly.co.uk](http://www.yogabyholly.co.uk)

## 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)

# What's On



## 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)

## Sunday 13th October

### 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](http://www.thestudiodurhamhouse.co.uk) or use **the MindBody app**

# What's On



**Saturday 30th October and Sunday 1st November**

**Hormone Yoga Therapy with Eva**

**Saturday 10.00am - 3.00pm**

**Sunday 10.00am - 1.00pm**

**£117 per person (includes course fees, materials and support)**

**Hormone Yoga Therapy (HYT)** for women is a natural and holistic method created in the 1990s by a Brazilian psychologist and yoga therapist, Dinah Rodrigues. It consists of a series of dynamic exercises that work at the physical and energetic levels, revitalising the endocrine system, reactivating and balancing the hormonal system, detoxifies the body and increase metabolism. We combine dynamic Hatha and Kundalini yoga with Tibetan energy technique and relaxations. All these techniques and exercises act directly on the glands and endocrine system.

HYT is a wonderful way to work with hormonal imbalances as it helps to increase energy; it boots your overall health, improves immunity and helps rejuvenate the body and mind. It's recommended for all women over 35 as the level of hormones are decreasing and this technique is one way to help keep them balanced. Even if you don't have any symptoms, it's very beneficial and works preventively. You stay young and healthy longer.

On this course you will have an opportunity to learn how to work with your body and bring your hormones into balance.

To book call **Eva** on **07836597861** or email: **[hormonetherapy.yoga@gmail.com](mailto:hormonetherapy.yoga@gmail.com)**

**Facebook: YYoga- Hormone Yoga Therapy**



## Sue Masters Holistic and Beauty

September Offer

Sue Masters Holistic and Beauty introduces.....



This is a brilliant new facial treatment which the Sunday Express called 'A spiritual facial treatment....unlike any other' is being hailed by many as a credible alternative to Botox.

The zone face lift has been developed from a combination of traditional reflexology methods and ancient healing techniques from Native American shamans and uses pressure point massage along with Native American techniques, Asian body mapping and healing herbs to create the 'zone face lift'.

Renowned for removing as much as 10 years of ageing over the 12 week programme, which lifts the face and spirit, the zone face lift will leave you feeling blissed out, with a smoother face to match.

For many women this will eliminate the need for Botox and offers a natural alternative to dermal fillers. Award winning facial reflexologist Ziggie Bergman developed this unique anti-ageing method after many years practicing reflexology and studying with Native American shamans and healers in New Mexico.

*The Zone Face Lift has generated ecstatic press coverage. Sarah Vine, leading beauty journalist, described it as: 'A contender for London's best facial treatment'. Hip & Healthy called it "An all natural alternative to Botox with internal benefits to boot".*

The zone face lift programme (weekly treatments for 12 weeks) is recommended to get the best results.

Treatment plans are bespoke, customised to best serve each client.

Courses are available 6 for the price of 5 or pay 12 for the price of 10 and also receive a half price zone lift elixir oil worth £75 (full payment must be made at the first treatment).

£70 per treatment (1 hour) or a luxury treatment (90 minutes) for £90 which includes a scrub and a mask to make it more of a facial.

Call Sue Masters on 07876 353423 to book

Visit [www.zonefacelift.com](http://www.zonefacelift.com) to find out more.