



We are joined by Durham House owner Galin Cleary to talk about the Studio at Durham House as it approaches its 2nd birthday.

Good morning Galin, so what first inspired you to launch the studio?

During my sixth year in business, I recognised the demand for Durham House to expand laterally. My experience had shown the benefit of complementing clinical treatment with more holistic activities and I had previously referred many patients to local instructors who provided yoga and pilates classes in the area. Many of our patients fed back their experience and voiced their concerns over the absence of classes during the summer months, the need for more support and supervision in the event of a previous injury, operation or disability, the cost barriers of one-to-one sessions and the scarce provision of evening and weekend sessions. We discussed these issues as a team and the idea to build and develop our own studio in response to the needs of our patients was born.

Why do you think the Studio is so important to your patients and what are the benefits to them?

We decided to train our own professionals and take our chiropractic and physio practice one step further to offer our patients exercise classes ourselves, which could be used as a form of rehabilitation following a course of our own treatment. It allows our patients to be comfortable in the knowledge that their condition or limitations are well understood and the classes adapted for them.

How has the Studio changed over the last two years?

It feels like I have worked practically every day of the last 2 years - whether actively training instructors, arranging meetings with local companies and clubs, scheduling, running open days or thinking about how the Studio can shape and benefit the local health community. That's not to say I haven't enjoyed the experience. In actual fact, the unique challenges and lack of safety net make every success, small or large, even more rewarding. We have listened to feedback from our patients and instructors and have tried to adapt the business plan to meet demand.

What is your favourite class?

Our biggest success has been our flexicore classes. These were developed by myself and the chiropractors that work in both the Fleet and Farnham clinics. It is something that has brought us enormous pride as we see our patients getting stronger and more confident every week. It has also led to the development of a runner's flexicore class in collaboration with a local running club. This combines a short flexicore class specifically for runners with a 3 mile run. The feedback has been extremely promising

How does the studio differ from that of other yoga / pilates or fitness studios?

It is practitioner led, with an unthreatening and relaxed atmosphere. We have tried to accommodate our working patients and be as flexible as we can, allowing for late cancellations at no charge and extremely flexible expiry on the bulk bookings. As a result we are seeing a huge number of workers attend regularly that wouldn't normally be able to.

What does the future of the Studio look like?

Slow and steady wins the race! We are just trying to be as consistent and professional as we can. I would like to see more regular workshops taking place in the future, so watch this space!

To book classes at our Studio Open Day, contact the studio on 01252 616 511 or email thestudio@durhamhousechiropractic.co.uk. Remember that until 19th September you can get 25% off when you purchase a block or either 10 or 20 classes for the studio. See website for more details.

