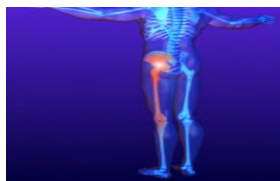


WORKSHOPS



Yoga - Somatics - Pilates - Wellbeing

Autumn/Winter 2015



Sat 19th Sept
9.00am - 12.30pm

Relief for stiff legs and hips

Fun and simple Somatic movements to ease chronic muscular restrictions and restore mobility and comfort to tight, stiff legs and hip joints.

Whether you are an athlete or suffer with mobility loss and chronic pain, this workshop will provide you with easy and enjoyable daily self-care strategies to keep your hips and legs flexible and comfortable, and restore fluidity of movement.

Learn to undo habituated muscular reflex patterns that contribute to a host of conditions such as sciatica, piriformis syndrome, knee and foot pain and an uneven gait.



Sat 17th Oct
9.00am - 12.30pm

Improve your core stability

Do you suffer from back pain and spinal stiffness, whilst lacking tone in the abdominals? Do you need to improve your core stability?

In this morning workshop you will learn to:

- ease the muscular holding patterns that cause back pain
- develop abdominal control
- recalibrate the muscles at the front and the back of the body
- fine tune postural muscles
- perform daily movement patterns with ease and improved control



Sat 14th Nov
9.00am - 12.30pm

Comfort at your wheel and desk

Does your job involve a lot of desk-based work? Do you have to frequently travel or drive long distances? Undo that hunching!

Easily and effectively rid yourself of the muscular tension that causes problems in the upper back, neck and shoulders. Learn simple movements to improve your posture throughout the day and keep you pain-free whilst you work or travel, as well as longer term self-care strategies to maintain comfort, mobility and good alignment. Sore necks and shoulders often go hand in hand with stiff lower backs, weak abdominals and tight hip flexors, so these areas will also be addressed.



Sat 5th Dec
9.00am - 12.30pm

Relief for stiff, tight, sore backs

Back pain is a modern epidemic. The last back pain workshop was so popular it's here again!

Whether you suffer from athletic tightness, low back niggles or chronic back pain, this workshop offer simple, highly effective and enjoyable neuro-muscular release techniques for both acute attacks and long term self-care.



All workshops (St. Mary Charnwood) £25 payable in advance

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07949 895170



"After Cheryl's classes I really felt as though I was walking tall. My posture improved, tension just melted away and I felt relaxed and stress-free."

"It is like someone has taken off a suit of armour. I have more energy and it seems the years have just rolled back."

"I have been astonished by the results."