

Blissful Living
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Blissful Living Newsletter, August 2012

The geese are flying overhead and children are gathering around the base of trees looking for early conkers. Summer is nearly over and the old rhythms of starting a new term of activity are beginning.

I trust that you've had a good summer and have been able to enjoy the weather in all its contrasting glory, as well as the excitements of the Olympics and the Jubilee. I've had a wonderful summer. I continued teaching a few classes and one to ones, but had much more time to potter in the garden, spend time with family and friends, walk the dogs, do my own yoga practice and to simply be. I had a marvellous few days on a retreat at the Mandala Yoga Ashram and I'm now feeling wonderfully recharged and ready to share the joys of yoga at my regular classes and a couple of new ones too!

I've copied my timetable below for and there's a bit more about each of the classes in the newsletter.

DAY	TIME	CLASS	LOCATION
Mon	6.30 – 8.00 pm	Pregnancy Yoga	Yoga in Cheshire Studio Stockton Heath WA4 6LL
Tues	9.30 – 11.00 am	Well Woman Yoga	Willington Hall Hotel CW6 0NB
Weds	9.30 – 11.00 am	Well Woman Yoga	Hartford Tennis & Bowls Club CW8 1LW
Weds	8.00 - 9.30 pm	Well Woman Yoga	Comberbach Memorial Hall CW9 6AU
Thurs	9.30 – 10.45 am	General Yoga	Sandiway & Cuddington Village Hall CW8 2LB
Thurs	6.45 – 8.00 pm	General Yoga	Rudheath Leisure Centre CW9 7EL
Sat	10.00 am - noon	Pregnancy Yoga	Lostock Gralam Comm Centre CW9 7PU

Most classes start back w/c **3rd September (NEXT WEEK)**

Willington Hall class is new – **due to start on 18th Sept – BOOKING ESSENTIAL**

If you've seen the name of your regular class has changed – don't worry ... the sessions I'm teaching will be largely unchanged, I'm simply reflecting what I've been doing for years ...

*******SPECIAL OFFER*******

BRING A FRIEND WHO SIGNS UP FOR A HALF TERM BLOCK AND GET A FREE RELAXATION CD

There's lots of new things going on probably too much to put in one newsletter ... so here are the selected highlights!

Pregnancy Yoga

New class Stockton Heath Mondays 6.30 – 8 pm, as well as Sat am in Northwich

I've been teaching Pregnancy Yoga in Northwich on a Saturday morning for the past 5 years and many women are now back for yoga in a second pregnancy with me - I must be doing something right! I've now added a second weekly class on a Monday evening at the new Yoga in Cheshire Studio in Stockton Heath which is proving popular. For more info see: [Pregnancy Yoga](#)



Well Woman Yoga

Hartford, Comberbach & new venue Willington Hall Hotel

Over the past 10 years I've done a wealth of training in Pregnancy, Post Natal and Well Woman Yoga. This training has covered a huge range of topics relevant to women at differing stages of their lives – from fertility issues to menopausal symptoms and included separate training in Pregnancy and Post Natal Yoga.

I'm now offering some **classes which are specifically for women at all stages of life**. The aim is to provide a nurturing space for women at *all* stages of life to relax, restore and renew. A place where a post natal mum can learn from the wisdom of those who've trodden the path before her, and the busy working woman can find a little bit of space in the busyness of her life. This is yoga to soothe your soul and touch your spirit while building strength and health in the body and mind. For more info see: [Well Woman Yoga](#)

These classes are running in the existing timetable slots of Hartford and Comberbach on Wednesdays, and, from 18th September, at the beautiful [Willington Hall Hotel](#), a wonderful venue set in 17 acres of formal gardens and within easy reach of Northwich, Tarporley and Chester.

General Yoga

Rudheath & Cuddington

These classes are suitable for all – men, women, beginners, experienced. A mix of classical poses, sequences, breathing exercises and deep relaxation. Click the link for further information about these sessions: [General Yoga](#)

Blissful Living Studio – Private & Small Group Yoga

I've also been doing many more one to one sessions in my Northwich studio. The studio is beautifully warm, comfortable and peaceful and it's great for me to have all my props easily available. It may not be something that you've considered in the past – but it's a wonderful way to work with particular issues, injuries or interests, to introduce newcomers to yoga, or to work with friends or your partner. For more info on this click the link. [Private yoga](#)

Relaxation CDS

One of the comments that it made most often to me is along the lines of “I wish I had your voice to put me back to sleep when I wake up”. Well ... I’ve finally listened and taken action on this. I have produced a CD with a few different length relaxations to help you find peace in your own time. The CDs will retail at £7.99. **If you’d like to get one for free ... find a friend to come along to one of my Well Woman or General Classes. If they sign up for a block booking, then you get a free CD.**

Hypnotherapy for Childbirth

I’ve also produced a CD to help prepare for childbirth with Hypnotherapy. CDs retail at £9.99.

Coming soon ...

Hypnotherapy for Childbirth Group Courses – Saturday afternoons

Particularly suitable for those attending the pregnancy yoga classes, but open to anyone who’s giving birth and wishes to use hypnotherapy as a way to minimise discomfort in labour. Full details to follow

Curvy Yoga

Over the next few months I’m doing some specialist training in “Curvy Yoga”. Do you or anyone you know hold a belief that yoga isn’t for you because you’re not the right body shape? Curvy Yoga is about body acceptance, loving yourself and learning how to make the tools of yoga work for you. As I learn more I’ll keep you all up to date – but in the meantime here’s to yoga for EVERY body!

You can book classes online, contact me by phone, text or email, or turn up on the day (prebooking essential for Pregnancy and Willington Hall Classes). Hope to see you soon.

Please feel free to pass the newsletter on to anyone you think might be interested...

Alison x

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