



I've been sending a version of this information out to students as a newsletter. I've taken most of the chatty bits out and now it's really an update of what I'm offering from September onwards. I hope that you find it informative and helpful!

As well as offering the following sessions, I'm also doing a couple of training courses, - a Yoga four day session with Donna Farhi, and then a two and half day workshop for Phenomenal Women! Looking forward to feeling the effects of this training in my work!

Blissful Living Timetable, September 2011

DAY	DATE/TIME	CLASS	LOCATION
Tues	11.00 -12.30 pm	Mother & Baby Yoga	Zenchi Clinic, Clotton Tarporley CW6 0EG
Tues	1.00 - 3.00 pm	Pregnancy Yoga	Zenchi Clinic, Clotton Tarporley CW6 0EG
Weds	9.30 – 11.00 am	General Yoga Class	Hartford Tennis & Bowls Club Chester Road CW8 1LW
Weds	11.15 – 12.30 pm	Mother & Baby Yoga	Hartford Tennis & Bowls Club Chester Road CW8 1LW
Weds	8.00 - 9.30 pm	General Yoga Class	Comberbach Memorial Hall Comberbach CW9 6 AU
Thurs	6.45 – 8.00 pm	General Yoga Class	Rudheath Leisure Centre Shipbrook Road CW9 7EL
Sat	10.00 am – 12	Pregnancy Yoga	Lostock Gralam Community Centre , Northwich CW9 7PU
Sun	10.45 am- 12	Family Yoga	Various – please ask

**General classes tend to follow school term time.
The next block starts w/c 5th Sept, and is for 7 weeks**

Pricing

General	£7 drop in	£35 – 7 week block payment	regular mixed class
Pregnancy	£10 drop in	£45 – 6 weeks block payment	14 – 40 weeks
Mother & Baby	£10 drop in	£45 – 6 week block payment	birth onwards -no crawlers!
Home Studio	£35 single	£30 – 5 week block payment	Max 4 students
Hypnotherapy	£75 single	£50 any subsequent sessions	Confidence, Phobias Weight Loss, Stop Smoking, Fear of Flying etc
Birth Preparation	£75 single	2 – 3 hour practical workshop covering yoga breathing, yoga positions to use in labour, techniques for discomfort management together with hypnotherapy for childbirth session which we record for you to take away.	
Childbirth Hypnotherapy	£200	4 Four sessions, 1 can be post natal. With or without partners – or combination to suit	

Home Studio, Small Group Yoga

In addition to my regular timetabled classes I also see individuals and groups for private sessions. These generally take place at my home either in our home studio, or, if the weather is suitable, outside. To see a few photos of what it's like see below:



During August, I moved my Wednesday classes to my home and we were able to experiment both indoors and out. Lovely!

I can accommodate up to 4 people for a group yoga session in my studio (more outside or in the “den” – see picture above).

Studio sessions can help you to have a more personalised session, to work with injury, or to have session at a time that suits you. Costs are reasonable - £35 for a one off 1.5 hour session or £30 per 1.5 hour session thereafter if you book 5 or more - if you get a couple of others to come along with you, you've almost got a private class for a tenner ... not bad at all!

Mother & Baby Yoga, More Pregnancy Yoga and Family Yoga ...

This year I'm broadening the range of classes I'm teaching. I'm returning to teaching the popular Mother & Baby yoga sessions – an ideal way to keep in touch with the friends that you made in the pregnancy yoga sessions – or to meet new Mums with similarly aged babies. I've also decided that during the Rugby season when Karl plans to be refereeing, I'll run a Family Yoga session on a Sunday morning – open to all, Mums, Dads, Sisters, Brothers, Aunts, Uncles, Grandmas etc. I have no idea what sort of class it will turn out to be, but I'm hoping it will allow the whole family to have a bit of fun stretching and to learn how to relax together.

I'm adding a new pregnancy class into my week at Zenchi Clinic in Tarporley, combining it with Mother & Baby yoga session there. This is a great venue where people can combine their yoga with a massage or one or the many other therapies available at the clinic. Click on the zenchi link to see what's there.



If you're interesting in learning more about what's happening with Blissful Living, then please "like" the Blissful Living page on Facebook &/or follow us on Twitter. I'm new to social media – but hoping to have some interesting links and thoughts coming through. I've also started writing a blog – very early days yet – but feel free to have a look on:

<http://blissfullivingyoga.wordpress.com/2011/09/01/what-is-blissful-living/>

