

SHORT COURSES

SEPTEMBER/OCTOBER

Yoga for Women – Building Strength

Maintaining good strength is important to women's health. Strengthening exercises are part of keeping a good upright posture, reducing back pain, building bone density, being confident, and feeling good.

This course is informative, covering the theory behind gaining and maintaining strength, and

Using Yoga and Pilates based exercises are given to build strength through the pelvis, abdomen, back, legs, shoulders and arms.

Saturday 27th September and 11th October
11.00 - 12.30 pm 2 weeks

NOVEMBER

Healthy Lifestyles – Diet/Exercise/Stress Management

A program for those wanting to improve their general health and wellbeing. Informative and practical, this course is a combination of talks on the various factors that influence health, exercises and worksheets to help improve it. We will focus on developing ways to reduce stress from numerous sources that may contribute to a lack of vitality. Topics covered include: diet; exercise; hydration; sleep; stress management skills etc., to maximise your health and wellbeing.

Worksheets to take home will be given.

Saturday 1st 8th and 15th November
11.00 - 12.30 pm 3 weeks

NOVEMBER/ DECEMBER

Relaxation and Meditation

A regular relaxation and meditation practice reduces the effects of stress. Learn techniques to reduce physical and mental stress. Obtain skills to keep a healthy perspective regardless of your experience of stress. Free the mind and gain more energy.

Included are various relaxation and meditation techniques, steps to setting up a practice, what to do, how to 'advance' etc. Useful for those experiencing stress related illness and those wanting time out to rejuvenate.

Saturday 29th November and 6th December
11.00 - 12.30 pm 2 weeks

presenter:

Shannan Davis

Director: lighthouse yoga Over 12 years fulltime Yoga teaching experience
endorsed Posture and Flexibility teacher, CHEK Holistic Lifestyle Coach Level 3

Cost:

Short Courses	2wks	\$35 / \$25 concession
Healthy Lifestyle Course	3wks	\$85 / \$65 concession materials inc

Lighthouse Yoga Health Studio
13 Charlton St
Exeter

Contact Shannan for details
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WORKSHOPS

It is important to do the Introductory Secrets of Sounder Sleep phase I before doing Phase II

Secrets of Sounder Sleep™ I

Insomnia and erratic sleep patterns rob us of our vitality and inner peace and undermine our physical and mental health. This workshop follows Michael Krugman's somatic solution to the problem of stress and tension-related insomnia. This workshop presents ways to relax your body, calm your mind and find restorative sleep.

Saturday 27th September 1 - 3pm

Secrets of Sounder Sleep™ II

This workshop builds on the tips and techniques explored in the introductory workshop. You'll learn more ways to help you relax your body, calm your mind and find restorative sleep..

Saturday 18th October 1 - 3pm

'Chairs' - Office Bound Sitting

The 'Chairs' workshop is for people who wish to improve their coordination and posture. The workshop is for those who spend long hours sitting at a workstation, or for those who are otherwise movement impaired, or have difficulty getting up and down from the floor. Learn how the use of chairs can be an efficient too to enhance weight bearing postures.

Saturday 22nd November 1 - 3pm

Ollie Black

Certified Feldenkrais® Practitioner
Over 20 years teaching movement for actors
acrobats and the general public

Cost:
workshops \$30 / \$20 concession

Lighthouse Yoga Health Studio
13 Charlton St
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