

# Yoga Wellbeing Day

Saturday 12 October 2019 | Wheathampstead, Herts



## Alex

Alex Taylor has been a yoga teacher for 10 years, with experience in teaching gentle Hatha Yoga, as well as invigorating Vinyasa Flow classes. She has a particular interest in linking movement with breath, and believes the breath is key to opening up the body to release tension and allowing the mind to be clearer and less consumed with busy thoughts. In recent years, she has developed courses in Fertility Yoga, helping individuals and couples on their fertility journey.



## Sandra

Sandra Greenbank qualified as a nutritional therapist 10 years ago, and has since added functional medicine, coaching and hypnotherapy to her toolkit. She believes the body and mind are intimately connected, and it's important to look after our whole self. It's only when we prioritise our own wellbeing, that we can look after everyone (and everything) else in our lives without compromising our own health. Sandra is based in Harpenden but consults worldwide via Skype. Her special interest is in women's health and fertility.

<http://sandragreenbank.com>



## Amy

Amy Engleman is a Psychotherapist and Counsellor based in Wheathampstead. Amy works at the Hope Programme as a psychotherapist and also has private practice locally. She is passionate about therapy being accessible to everyone and the powerful and transformational affects it can have. Amy also holds qualifications in mindfulness.

[www.amyengleman.com](http://www.amyengleman.com)



## Dawn

Dawn Stockdale, founder of Nirvana and based in Wheathampstead has trained with CACI and ESPA and gained her experience working at the 5 star hotel, The Luton Hoo Spa. The approach is to offer a full range of luxury beauty and holistic treatments which leave you feeling relaxed and looking radiant.

[nirvanaholisticbeauty.co.uk](http://nirvanaholisticbeauty.co.uk)



# The Day

09:15	Arrival
09:30	Nutrition talk from Sandra
10:00	Vinyasa Flow energising yoga with Alex
11:45	Lunch, walks, ESPA facial or ESPA hot stone massage with Dawn from Nirvana
15:15	The Importance of Self Care and how to apply it to your life from Amy
16:00	Relax, restore and let go with some gentle yoga and deep relaxation with Alex
17:30	End of the Wellbeing Day

Lunch is included. Delicious snacks, herbal tea and water will be provided throughout the day.

# Venue

The day will be held in a beautiful studio in the stunning surroundings at

**Mid Herts Golf Club, Lamer Lane, Wheathampstead AL4 8RS.**

There is ample free parking.

All you need to bring is a yoga mat, a blanket for relaxation at the end and wear loose comfortable clothing. I will supply lavender infused eye mask to cover your eyes at the end of each session which will aid deeper relaxation.

# Details

Total cost for the Wellbeing Day is £105 per person (all of the above is included in the price.)

To secure your place, a non-refundable £50 deposit is payable by **Thursday 12 September** and the remaining £55 payable by **Friday 27 September**.

Please contact Alex on [aless1978@breathe.com](mailto:aless1978@breathe.com) for payment details.

Please also advise if you have any dietary requirements or any injuries I should be aware of.

I hope you can join us for this special day and allow yourself some time out. Wellbeing in this busy world is more crucial than ever.

Thank you for the past 10 years and for all your support.

Namaste

Alex