



LOCAL BODYWORKERS
&
YOGA TEACHERS

HANS SCHULDHEIS | Shiatsu

'I have been practising shiatsu for 15 years. My training began with Sakis Theopolis in Dharamsala (India) and then moved on to a 3 year Therapist training in the international shiatsu school Kienthalerhof in Switzerland. The form of treatment I use is a combination of shiatsu, fascia and structural work.

Shiatsu is based on ancient Chinese five element theory and uses meridians, stretches and rocking techniques. Fascia work subtly releases tension in the connective tissue and facilitates release of deeply rooted trauma and tensions. Structural work is focused on aligning the bone structure (neck, spine and hips). The aim of my work is to create a safe space where unconsciously held patterns can be witnessed and altered. My approach is resource orientated ie; working with your strengths, joys and passion.'

Rates : £40 - 60 per hour depending on number of treatments per retreat.
Contact : hansdidg@hotmail.com | 07876062020.

RACHEL CARR-HILL | Massage Therapist

'I have 20 years experience in massage, having trained with the London School of Aromatherapy and then at the MovingOn centre in California. I have also studied Process Work with Arny Mindell, Journey Work with Brandon Bays, and Energy Healing with Barbara Brennan, all of which inform my work. I currently have my practice in Bruton, Somerset.

My massage touch is deeply relaxing. I have developed a way of being where I am listening to the body and guiding through breath into deeper states of relaxation. I can hold the space for people to go more fully into their feeling experience, letting go of stuck emotions and old patterns in their body that no longer serve, to come more fully into alignment with their natural aliveness and bliss.'

Rates: 1 hr £45 | 1 ½ hrs £65
Contact: rc_h@hotmail.com | 07928 781 658

JOANNE GRANT | Massage Therapist

Joanne qualified as a massage therapist with the International Institute of Health and Holistic Therapies nearly 20 years ago. She has worked closely with teachers in Somatic Movement, Tai Chi and Chi Kung. Weaving these into her personal daily practice facilitates an understanding of energy flow and cycles, and the great wisdom in the totality of our mind-body experience.

Joanne has her own unique style of restorative therapeutic massage, based mostly in the Swedish modality and incorporating techniques developed from bodywork teachers and including acupressure points. Long rhythmic strokes help the mind and body to relax in tandem, relieving tension in the muscles and relaxing tightness in the body, stimulating the circulatory and immune system and aiding the detoxification process. Thus relieving stress and emotional anxiety as the body and mind are inseparably linked.

Joanne has been settled in Frome for 10 years where she has a busy Therapeutic Massage practice, where she has assisted many people to a place of ease and connection within their bodies.

Rates : 1hr £40 | 1 ½ hrs £50
Contact : jo777@hotmail.co.uk | 07789621930



CHRISTINE BROWNE | Massage, Reflexology, Reiki

'I have been involved in practising holistic therapies for over 20 years and teaching for the last 15 years, working both privately and also for colleges, festivals and in a spa setting. The therapies I practise and teach really are lovely to both give and receive - these include body massage, Indian head massage, Thai foot massage, reflexology, reiki and facial rejuvenation massage.

Most people receiving holistic therapies experience benefits to their wellbeing; I love seeing the changes this can make to a person's life and feel privileged to have been part of this for so many people.

I am a member of the Federation of Holistic Therapists, Guild of Holistic Therapists and Association of Therapy Lecturers.'

Rates: ½ hr £20 1 hr £35

Contact: info@tranquillityzonetraining.co.uk | 07913 706794

www.tranquillityzonetraining.co.uk

GAVIN CONOCHIE | Holistic Massage Therapist

'I come from a background of work as a vegetarian chef and many years personal experience of body-based therapies. I made the decision to train as a Holistic Massage Therapist with BCMB in 2008. I am registered with the Massage Training Institute (MTI) and subscribe to the MTI Code of Ethics.

There is a particular emphasis on embodiment in my massage practice: the potential for all us to fully (even joyfully) inhabit our bodies exactly as they are. Modern life demands many activities that take us away from the immediate experience of being in our bodies. I aim to offer a space where there is the opportunity to allow other concerns to drop away for a time, enabling us to reconnect to our physical selves in a simple way.

As we relax and begin to release tensions and patterns of holding, breathing deepens and the nervous system calms; we come back into balance, or closer to it. Our body's capacity for self-regulation is re-awakened, along with our natural vitality, and we emerge feeling 'more like ourselves.'

Rates : 1 hr £45 1 ½ hrs £65

Contact : o2binparis@hotmail.com | 07915 397077

ALI KNOWLES | Therapeutic Massage

'I moved from London 13 years ago, and practice Therapeutic Massage and Herbal Medicine locally. I live with my partner and two children.

With a background in Nursing and dance I am a confident, intuitive bodyworker, with 20 years experience in offering restorative, deeply relaxing therapeutic massage. I can also offer esoteric healing tools (shamanic process work) in conjunction with bodywork for those interested in a deeper level of healing. Please ask me at the beginning of our session.'

Rates : £50 per hour

Contact : aliknowles@talktalk.net | 07905117886



POLLY KEMP | YOGA TEACHER

Polly leads an intermediate level class. Having trained in the Iyengar style of yoga which is meticulous in its attention to correct alignment, Polly's style has evolved though time adding into her classes the elements of vinyasa and yin yoga which all together form a flowing and powerful session.

Polly:

'My background is in theatre and dance -I have an MA in Performance Arts from Middlesex Polytechnic. I moved away from theatre when I had my first child and decided to train as a homeopath. After practicing homeopathy for a few years I realised I missed physical movement in my life and decided to train as a yoga teacher. My Iyengar training completed in 2005 but I continued to explore the different styles of yoga to develop a physically and psychologically stimulating practice. '

Rates: On request

Contact: Pollyk9@icloud.com | 07801354459

SASKIA PRICE | YOGA TEACHER

Saskia has been practising yoga and meditation for over 13 years. She was introduced to Buddhism as a child by her grandmother in Scotland, making regular visits to a nearby Tibetan Buddhist monastery. It wasn't until her late teens that Saskia discovered yoga asana whilst living in New York City working as a fashion model. It wasn't long before her curiosity and fascination for yoga turned to dedication, and a devotion to explore the practice to the greatest depths she could.

Saskia has enjoyed the privilege of studying with internationally acclaimed teachers including Edward Clarke, Kathy Cooper, John Scott and Simon Borg Oliver. Saskia has studied and draws influence from a wide range of yoga styles including: the emphasis on breath and creative movement of vinyassa flow, the sequencing structures of Ashtanga, the heart and classical spirit of Dharma Mittra and the philosophy and playfulness of Jivamukti. Saskia was born with an insatiable curiosity for all things mysterious, this curiosity kindled a deep interest in Jungian psychology, art, and mythology.

Rates : 1hr £100 1 ½ hrs £150

Contact: sas_star@yahoo.co.uk | 07863124092

CHELAN FREEMAN | YOGA TEACHER

Chelan is an experienced, humble and gifted 500hr trained Yoga teacher. Her teachings are authentic and diverse rooted in a rich understanding of holistic health, bringing ancient wisdom to the modern day yogi. Chelan shares the healing qualities of Yoga with her clients so they can deeply connect to the physical, emotional and spiritual aspects of themselves.

Chelan's classes focus on mind body connection with an emphasis on flow of breath, proper alignment cues and therapeutic uplifting themes. She creates a poetic atmosphere supported by strong fluid sequencing, music and gentle adjustments.

Rates : On request

Contact: chelanspurityyoga@gmail.com | 07595826535