



Blissful Living Newsletter, December 2011

I thought I'd take the opportunity to get in touch with students past and present to wish you all a peaceful and joyful Christmas and New Year and to update you on the latest news from Blissful Living.

It's been a very busy year for me and as 2011 draws to a close I'm grateful for all the wonderful students I've had the privilege to work with and the new challenges and opportunities that have come my way. I'm also looking forward to having some time over the festive season to recharge my batteries and to enjoy the simplicity of time with the family, long walks and plenty of yoga practice. I'm trusting that taking this time to reconnect with myself and the simple things in life will allow me to return to my teaching in January with a renewed energy and new insights to share.

I've experimented different classes over the last year and there have been a number of changes to the timetable over the year. I've inserted a copy of my regular timetable in this email, but if you have trouble viewing it, you can find it on my website at www.blissfulliving.org

Blissful Living Timetable, January 2012

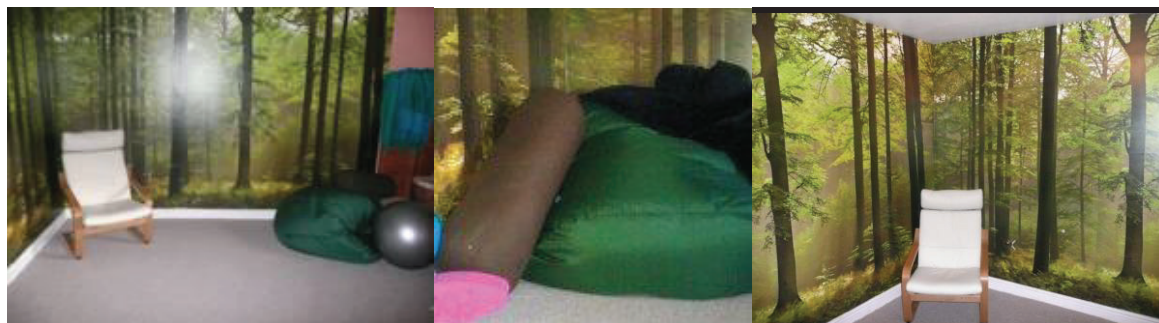
DAY	TIME	CLASS	LOCATION	STARTS BACK
Weds	9.30 – 11.00 am	Blissful Living Yoga	Hartford Tennis & Bowls Club CW8 1LW	Weds 11 th Jan
Weds	8.00 - 9.30 pm	Blissful Living Yoga	Comberbach Memorial Hall CW9 6AU	Weds 11 th Jan
Thurs	9.30 – 10.45 am	Blissful Living Yoga	Sandiway & Cuddington Village Hall CW8 2LB	Thurs 12 th Jan
Thurs	6.45 – 8.00 pm	Blissful Living Yoga	Rudheath Leisure Centre CW9 7EL	Thurs 5 th Jan
Sat	10.00 am - noon	Pregnancy Yoga	Lostock Gralam Comm Centre CW9 7PU	Sat 7 th Jan

Despite price increases everywhere, my yoga class prices remain unchanged - General Classes are £7 per session drop in, or £5 per session if you book and pay for a half term and Pregnancy Classes are £10 per session drop in or £7.50 for a block of 6

General classes tend to follow school term time. The next block is 5 weeks taking us to February half term.

Blissful Living Studio – Private & Small Group Yoga

Over this year I've begun to do more sessions in my yoga studio at home. I love the opportunity to work with individuals and small groups in a comfortable environment with all the props that I need around me. The studio is beautifully warm and comfortable and lends itself well to both yoga and hypnotherapy. 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. **Vouchers for studio sessions are available and make wonderful Christmas gifts** if you're searching for something different to give. Click [here](#) for further information.



A few photos of the yoga side of the studio to give an impression of the space.

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

Hypnotherapy

Many of you may be unaware that I also do hypnotherapy. I have a particular interest in Hypnotherapy for Childbirth, but I also work regularly with clients who have a wide range of issues. I find that my knowledge of yoga breathing and relaxation works very effectively in combination with the hypnotherapy and both my clients and I really enjoy the sessions. I work in association with my husband who is also a trained hypnotherapist - a rare combination of a husband and wife hypnotherapy team - if you're interested in finding out more about this click [here](#) for further information or chat to me.

Each session is recorded so that you can take home a CD. I'm also planning to produce a range of Hypnotherapy and Relaxation CDs and downloads over the course of 2012 – so do keep a lookout for these.

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.

Alison
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alison@blissfulliving.org
www.blissfulliving.org

