

# BoCo News



April 2017

## Editorial

BoCo is buzzing! This is quick update as we have had a flurry of new enquiries for classes and requests from members, as well as more therapists and teachers joining the team – all since the last newsletter.

Our membership is growing in more ways than one. We like to call them the BoCo babies and what's wonderful is that they seem to know the studio already. The pre-natal classes with Jo have been very popular. We added another couple of pregnancy Yoga classes to the timetable in January and of the four Mum & Baby Yoga current courses, three are already full. This brings us to the new teacher starting this week - we are delighted to have [Laura Barrett](#) join the BoCo team. She will be taking over the Tuesday evening pilates classes, including pre and post natal pilates. So we hope to have more to offer members who want Post-Natal Pilates very soon. [Holly Hood](#) has also started teaching again after her maternity break, so she and Jo will both be teaching the range of yoga classes, including pre and post natal yoga.

We have had a couple of requests for a Pilates class for older children. We are in the process of arranging a slot on the timetable for an under 16's Pilates class so if you have interested offspring, let us know. Also for teenagers (and their parents) we will be running a workshop to help reduce stress and anxiety around the exam process, creating an optimal learning state.

Last Friday we had the first 'not so early morning' class taught by [Kate Woodward](#) at 7.45am. If the 6.15 Thursday class is a bit much, we hope those of you who would like to start the day with an energising yoga session will try this class.

[Kathryn](#) – our hypnotherapist - has been teaching the Friday 11am classes and this weekend is the next Hypnobirthing Workshop you and partner can attend. We have been getting wonderful feedback from those of you who have been able to come. More details on the workshop are below.

Talking to one member about class times and gaps in the timetable, she said that her life is such that a Saturday evening session would be ideal. We came up with the idea of having an occasional Saturday evening Yoga session that incorporated discussion on the numerous fascinating subjects that come up in the classes. The process of keeping body, mind and spirit in balance, healthy and vibrant seems connected to having activities that you relish doing – whatever they may be and however they change with age! If you are interested we'd love to hear.

As always, at the heart of BoCo are our members, teachers and therapists, so keep letting us know what you would like us to do to help you get the most out of BoCo.

*Karin and Maya*

## Classes & Courses

### New Early Morning Active Yoga Class - Fridays at 7:45am

We are so pleased to be offering a class with Kate that extends the range of options for BoCo members. Kate's passion is Ashtanga Yoga, which is a more active style of yoga. She has a gift for breaking down the more challenging postures so you can move into strength and stamina safely and still listen to your body.

This is a dynamic class designed for active people to harness and channel their energy - a perfect start to your day. The aim is to leave feeling energised, stretched and stronger, with increased focus, balance and a sense of calm. Whether you are new to yoga or a more experienced yogi this class will cater for you, allowing you to vary your postures according to your needs.

To book, or for more information please [email](#) us or call 020 8399 3930.

### Post Natal Courses

Our new series of Post Natal courses start this week and there are a few spaces in the following courses:

Baby can come and watch!				Baby joins in 😊			
Wednesday @ 12:30	Pilates	Laura	Next course: 3 May	Mondays @ 1345	Yoga	Jo	Started date: 24 Apr
Thursdays @ 1035	Pilates	Kate	Next course: 27 Apr				

Our 6-class courses generally run over 6 weeks but there may be a break for school half term. Each session is 55 minutes and if you miss a session you can make up by attending a general class (without baby). The courses are suitable when baby is 6 weeks old+, and non-members can do one course before joining. We still have a few places available so [email](#) or call us on 020 8399 3930 to book your place. Also note that our hypnotherapy sessions will start in June.

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# Workshop Update

## Hypnobirthing workshop this weekend

Following the first hypnobirthing workshop in March, [Kathryn Eales](#) will be running another workshop this weekend, on Saturday 29<sup>th</sup> April, from 2:30pm to 4:30pm. This workshop is open to both members and non-members.

The workshop explores how our thinking, and our relationship to it, has a direct effect on how we experience the process of labour, and how self-hypnosis can allow us to have a really positive and empowered experience of labour and birth - transforming fear and tension to confidence and calm. When we see our personal thinking for what it really is and learn to create a safe space in our minds, we're able to connect with our own resources, abilities and intuition, distance ourselves from pain sensations and let go of fear.

Attendees learn how to personalise their self-hypnosis to best suit them, and the birth partners are taught how they can play an active role in supporting their partners in a practical way with techniques that they could practice together before baby arrives.

BoCo member Anna wrote to us to tell us how it helped her. She said:

*"My yoga and hypnobirthing practice came in use during the first few hours. The midwife even commented on the CCG which showed my contractions evenly spacing out and the baby calming whilst I was using the hypnobirthing techniques. She'd never seen it used on the labour ward. The anaesthetist guessed I did yoga and Pilates because apparently epidurals are harder to put in strong backs!"*

To book, or for more information please email us on [bookings@boco-uk.com](mailto:bookings@boco-uk.com).

Cost: £30 each or £50 with partner

## Re-energise & Replenish

Nine dedicated yogis and yoginis joined us last Saturday at Jo's Replenish workshop. It was a lovely afternoon of breathing, movement and relaxation. A huge thank you to everyone that came.

We will be holding another Replenish workshop on 24th June with Jo focusing on gentle movement to open the body, breathing techniques to relieve stress and some rest and relaxation.

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# Therapy features

## Women's Health Physiotherapy & Pregnancy

Your body undergoes many changes during pregnancy and continues to change post-natally. It is important to address any issues that occur at this time so as to prevent problems later in life. Common problems include pelvic girdle pain (PGP), urinary incontinence and separated abdominal muscles (Diastasis Recti). Women's health physiotherapist Laura Barrett can help with these types of problems. To read more about how she can help you click [here](#).



## Optimising the Mind for Memory and Recall

With the summer comes Exams. For many of us this can be a very stressful time, even if you are doing the exams yourself. If you or any of your family suffer from revision stress and exam anxiety this workshop may be of interest. It will be led by our new therapist, [Georgie Mackenzie](#).

We are planning a 3-hour workshop is designed to help you:

- Understand how memory and recall works
- Understand how your emotions have a big effect on your results
- Reduce stress & anxiety from the process
- Create an optimal learning state
- Create an optimal memory recall state
- Set some motivating goals
- Achieve better results with these strategies and enjoy the process!

If you are interested in joining the workshop please contact us either by email or call 020 399 3930.

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## BoCo People

### Welcome

We are delighted to welcome [Laura Barrett](#) to BoCo. Laura graduated from King's College London in 2004 with a first class honours in physiotherapy and worked in the NHS, private hospitals and clinics. For the last 7 years she has been Head of Women's Health physiotherapy and Clinical Pilates specialist in a large private polyclinic in Dubai. Having trained with the Australian Physiotherapy & Pilates Institute (APPI) from 2006, she has gained expertise in the clinical application of Pilates and specialises in women's health physiotherapy.

She will take over the Tuesday evening pregnancy and regular pilates classes, and will also teach the Post Natal Pilates course (formally on Tuesday, but now switched to 12:30 on Wednesdays). If you wish to see Laura as a physio you can email her on [uniquepcp@gmail.com](mailto:uniquepcp@gmail.com), follow her on [fb.me/uniquepcp](https://fb.me/uniquepcp) or call her on 07572 415009.



We are also delighted to welcome [Holly Hood](#) back to BoCo. While Holly has been on maternity leave Jo (who trained with Holly) has been covering her classes. Happily Jo will continue teaching a range of yoga classes, including Calming the Mind. In addition, as Holly gradually makes her way back into work, Jo will continue to cover all post natal yoga classes, but after half term will share with Holly.



Also joining us is [Georgie Mackenzie](#). Georgie is a coach, hypnotherapist, trainer and master practitioner of Neuro Linguistic Programming (NLP), Time Line Therapy™ and is certified in Emotional Intelligence (EQ). These powerful and unique set of techniques and skills can help wipe out undesirable behaviours, emotions, limiting beliefs and internal conflicts. For more information or to book a free consultation contact Georgie via her website <http://www.georgiemacs.com>.



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## And finally ....

Those of you who come to my classes know my view that there is nothing that is not encompassed - in some way - by the sphere of Yoga. I find the way that Yoga helps me to connect to my body endlessly fascinating. Creating and maintaining optimal health and well-being is elusive. Yoga invites a gentle inquiry that helps us find the right conditions to thrive and deal with whatever ails us efficiently. The strength of our immune system is of course key and I love that dealing with stress effectively is one of the ways that helps us be resilient.

Chatting to my sister recently, she mentioned an immune boosting supplement she has been taking. She used words I had never heard strung in the same sentence before – turkey tail mushroom tincture and its anti-fragility properties! If you are interested ... read my article on [all that Yoga connects us to](#). I will be visiting her next month and actually harvesting some of these fungi myself and will see the process of distillation of the tincture. Lucky for me she lives in Costa Rica!

If you are interested in placing an order to try some yourself, you can do so the next time you are at the studio. I will be bringing some back 😊

*Maya*

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## Gift Vouchers

BoCo gift vouchers are always available from Reception and can also be bought over the phone. Drop a hint to a friend or loved one if you'd like one bought for you!

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## Feedback

Please let us know if you change your phone number or email address so we can contact you regarding any change in class times or cancellations. We would also be pleased to receive comments and [feedback](#) about your experiences with yoga or pilates, or to rave about the benefits of being a BoCo member or a particular class, workshop or teacher.

To unsubscribe, please email [news@boco-uk.com](mailto:news@boco-uk.com) and type [UNSUBSCRIBE](#) in the subject field

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