



# Yoga & Mind Body Break

CROWNE PLAZA RESORT,  
FIVE LAKES, ESSEX  
MARCH 6-8TH 2020



# YOGA, MIND & BODY

## CROWNE PLAZA FIVE LAKES RESORT

### □ YOUR HOTEL, CHECK IN AND CHECK OUT

Officially check in is any time after 3pm, but they will try to get staff rooms ready earlier if possible. so please make sure you arrive ready to teach. Your weekend information Pack will be available from your coordinator. This will include information about the hotel, dining arrangements, a timetable of classes showing where each session will you will be teaching

On Sunday check out is 1pm but again check your information pack at the event to see if we have managed to secure you a later checkout.

Cranage Hall has onsite parking & Health Club.

## YOUR COORDINATOR WILL BE GARY DANIELS

### □ DINING & ENTERTAINMENT

Breakfast is 8-10am in the restaurant.

You evening meal will be 7.30pm and banquet style. A table plan will be in place. Please see the plan outside the room to find out where you are seated.

Lunch and snacks can be purchased in the hotel.

### □ LEISURE FACILITIES

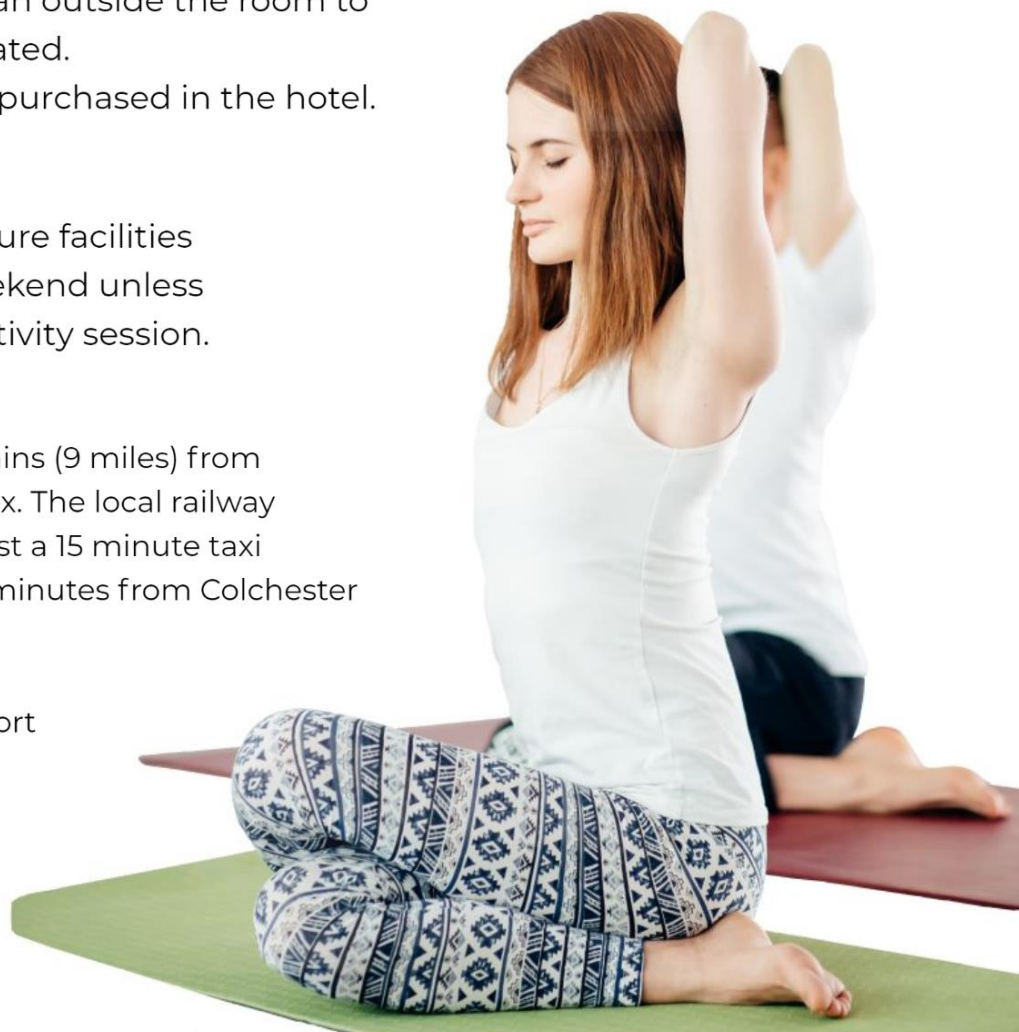
You may use the hotel leisure facilities at anytime during the weekend unless the pool is in use for an activity session.

### □ VENUE LOCATION

The Five Lakes Resort is 20 mins (9 miles) from Junction 22 of the A12 in Essex. The local railway station is Witham which is just a 15 minute taxi journey. The hotel is only 20 minutes from Colchester Train Station

Address:-

Crowne Plaza Five Lakes Resort  
Colchester Road  
Tolleshunt Knights  
Malden  
Essex  
CM9 8HX



# YOUR TRAINERS



CATHY UNDERWOOD



CATHY HENDERSON



JASON KASHOUMERI



BEKO KAYGEE



CAROLINE GORDON



CERI BARNES



GARY DANIELS

## TIMETABLE

### FRIDAY

#### 3.00-4.00PM

<p><b>VINYASA YOGA FLOW</b> Cathy Henderson</p> <p>Dynamic, physically &amp; spiritually energising form of yoga that sculpts, hones and tones every muscle in the body. Yoga techniques characterised by flowing poses &amp; sequences that are linked to the breath.</p> <p>REF 01</p>	<p><b>TAI CHI CANE</b> Beko Kaygee</p> <p>Taiji Yang Sheng Zhang embodies the concept of Tai Chi while distilling the essence of traditional stick practise. This non-contact set of exercises combines stick wielding with guided body movements and directed breathing. The practise is graceful, easy to learn &amp; can help to improve health &amp; prolong life.</p> <p>REF 02</p>	<p><b>PURESTRETCH®</b> Ceri Barnes</p> <p>First there was yoga, then Pilates, now there is PureStretch®. A whole body stretch &amp; flexibility session to help you move more freely &amp; balance your body.</p> <p>REF 03</p>
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#### 4.30-5.30PM

<p><b>DISCO YOGA®</b> Cathy Henderson</p> <p>Blissful, energising sequences set to a glorious mix of Disco classics that will rejuvenate your mind, body and soul!</p> <p>REF 04</p>	<p><b>POWER PILATES</b> Ceri Barnes</p> <p>This class is about adding strength and power to the traditional Pilates exercises making it dynamic but still with the principle of control, creating a more challenging class.</p> <p>REF 05</p>	<p><b>THE CHAKRA SYSTEM</b> Jason Kashoumeri</p> <p>A session talking about each chakra and the role that they play. Each person receives a booklet to take away with them.</p> <p>REF 06</p>
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# TIMETABLE





## SATURDAY

### 7.45-8.45AM




<p><b>TAI CHI SUNRISE</b>-Beko Kaygee </p> <p>A cocktail of gentle, graceful &amp; calming movement to waken your senses and set the mood for the rest of your day.</p> <p>Non ticketed</p>	<p><b>PURESTRETCH®</b> - Ceri Barnes </p> <p>First there was yoga, then Pilates, now there is PureStretch®. A whole body stretch &amp; flexibility session to help you move more freely &amp; balance your body.</p> <p>Non ticketed</p>
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## BREAKFAST

### 10.00-11.00AM

<p><b>BUDOKON®</b>   <b>YOGIC MOBILITY</b>          Beko Kaygee</p> <p>A fusion of yoga poses &amp; mobility sequencing into a seamless flow within the same practise session. The benefits of both worlds merge! This experience is equally as stimulating for the mind as it is for the body. Let go &amp; just flow in this unique hybrid movement interplay.</p> <p>REF 07</p>	<p><b>PILATES &amp; THE HEDGEHOG</b>           Ceri Barnes</p> <p>This session uses the 'hog' to challenge balance and stability and to release tight spots in the body. It as a class that promises variety and fun!</p> <p>REF 08</p>	<p><b>HEALING YOGA</b>           Cathy Underwood</p> <p>Enhance your self healing. Enjoy calming breathing techniques, explore the energetic qualities of the Chakras and learn the ancient art of Reiki hands on healing.</p> <p>REF 09</p>	<p><b>BALANCE</b>           Jason Kashoumeri</p> <p>Jason helps you understand the role of the masculine and feminine (yin/yang) we all hold in our bodies and how we can find balance.</p> <p>REF 10</p>
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### 11.30-12.30PM





<p><b>ASHTANGA VINYASA PRIMARY SERIES</b>           Cathy Underwood</p> <p>A traditional, dynamic, yoga flow that offers strength, flexibility and balance. Cathy will lead you through the sequence of postures with particular focus on the breath.</p> <p>REF 11</p>	<p><b>HOLISTIC CHI KUNG</b>           Beko Kaygee</p> <p>This holistic programme focuses solely on the health promoting exercises passed down through generations from central China. As an 'alternative medicine' Chi Kung can help with headaches, hangovers, high blood pressure, back pain, anxiety, period pains, stress and insomnia to name a few.</p> <p>REF 12</p>	<p><b>PULSEROLL® FEEL THE BUZZ</b>           Gary Daniels</p> <p>Release the tension &amp; tightness in the muscles &amp; feel the buzz of the PulseRoll® as it vibrates to loosen your muscles, increase blood flow &amp; flush away lactic acid.</p> <p>REF 13</p>	<p><b>YOU ARE WHAT YOU THINK</b>           Caroline Gordon</p> <p>An introduction to how your thoughts create your reality. You'll learn &amp; understand the importance of what you say to yourself &amp; how to change it. Your mind will believe what you tell it. If you change your thinking you can change your life. You spend most of your time in your head, make sure it's a nice place to be.</p> <p>REF 14</p>
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## LUNCH




# TIMETABLE

## SATURDAY




### 2.00-3.00PM

<p><b>CHAKRA YOGA</b> Beko Kaygee </p> <p>A session designed specifically for the nourishing of our Chakras (vortexes within the bodies complex network of nadis or energy channels). We will focus mainly on the 7 primary chakras &amp; then also begin working with some of the key secondary ones too. It ends with relaxation &amp; a blissful chakra meditation.</p> <p>REF 15</p>	<p><b>THE CORE CONNECTION</b> Ceri Barnes </p> <p>Having a strong and functional core has so many benefits, not just in class but in our daily life! With this in mind, come and challenge your core in a class that is a fusion of Pilates and traditional exercises &amp; will give you a whole body approach to core training.</p> <p>REF 16</p>	<p><b>SELF CARE</b> Cathy Underwood </p> <p>It's so important to look after your body, mind and soul everyday but life can be stressful. This session identifies the stress triggers in our lives and offers strategies to improve our emotional wellbeing. Come and enjoy my simple breathing exercises, energy release techniques and mindfulness.</p> <p>REF 17</p>	<p><b>2.00-4.00PM</b> <b>ABUNDANCE JAR WORKSHOP</b> Jason Kashoumeri </p> <p>Want to attract more positivity &amp; abundance into your life? Want to create a more positive mindset &amp; promote better mental wellbeing? Well now you can. This workshop will focus on the importance of affirmations, how to use them &amp; why we use them to attract the life you deserve to have. You will walk away with your very own hand made daily affirmation jar, filled with affirmations to continue all that you will learn in the workshop. Let's make a positive change &amp; make it now. (All materials provided)</p> <p>REF 18</p>
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### 3.30-4.30PM

<p><b>RESTORATIVE YOGA</b> Cathy Underwood </p> <p>A slow &amp; thoughtful hatha practice with particular emphasis on aligning the physical body to enable the mind to relax &amp; destress. Enjoy gentle breathing techniques, postures that create space in the body &amp; mindful meditations to aid relaxation. Bring a pillow from your room and blanket/warm clothing.</p> <p>REF 19</p>	<p><b>PILATES FLOW</b> Ceri Barnes </p> <p>Pilates made beautiful! This Pilates class builds a combination of exercises to make flowing sequences which feel wonderful to practice.</p> <p>REF 20</p>	<p><b>THE TAPPING REMEDY</b> Caroline Gordon </p> <p>Emotional Freedom Technique uses tapping sequences on the meridian lines to eradicate negative emotions. Learn the sequences that can help you manage stress, anxiety, compulsive or addictive behaviour, eliminate phobias or limiting beliefs &amp; enable you to live the life you want.</p> <p>REF 21</p>
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### 5.00-6.00PM

<p><b>REE-BALANCE</b> Gary Daniels </p> <p>A Pilates based class that flows from sequence to sequence whilst allowing you the time to benefit from each exercise. Each music track has its own moves so you can master it before moving on. The class will strengthen you from within. Lose yourself in the music of this slow and controlled class.</p> <p>REF 22</p>	<p><b>SOUND BATH</b> Jason Kashoumeri </p> <p>A sound bath is a deeply relaxing, meditative experience which can take you on a journey of deep relaxation, healing and self discovery. You'll experience the healing power of Tibetan Singing Bowls, Gongs &amp; other instruments as the sound vibrations help move your brain into a more relaxed state for a deeper meditation.</p> <p>REF 23</p>	<p><b>YOU ARE HOW YOU BREATHE</b> Caroline Gordon </p> <p>We all take our breathing for granted, but the way we breath can change our physical &amp; emotional state. Learn to fully utilise your diaphragm &amp; slow down your regular breathing pattern to go from stress to calm. Your breath can also energise you to go from lethargic to motivated.</p> <p>REF 24</p>
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# TIMETABLE

## SUNDAY

7.45-8.45AM

### PARTNER STRETCH – Gary Daniels



Wake up and stretch. Whether you bring a friend or make a new one in the room, take your stretches to a deeper level with the aid of another body. **Non ticketed**

## BREAKFAST

10.00-11.00AM

### STANDING PILATES Gary Daniels



This pilates session utilises standing only exercises to improve our posture and balance. It will tone the legs and bottom whilst maintaining the workout for your core.

REF 25

### CHI GAMES Beko Kaygee



A mind and body class that helps you to both sense and build "CHI" (your intrinsic internal energy). Suitable for both complete beginners and experienced practitioners alike. This interactive session is equally as simple as it is challenging whilst also being lots and lots of fun!

REF 26

### PAST LIFE REGRESSION Jason Kashoumeri



A journey through meditation to unveil aspects of the past lives that we have lived.

REF 27

11.30-12.30PM

### YOGA FUSION Beko Kaygee



A balanced union of mind, body & breath, Yoga Fusion incorporates elements of Iyengar, Sivananda, Hatha and Ashtanga Yoga, blended into flowing sequences. Relaxation-focused meditation, gentle stretching and heat producing dynamic strength work complete the practice.

REF 28

### TRADITIONAL PILATES Gary Daniels



Follow the original and traditional pilates exercises and sequences of the Joseph Pilates style providing strength, balance and stretch to the body.

REF 29

### HOLISTIC HEALING Jason Kashoumeri



Learn how to use different holistic healing techniques in everyday life to create more mindful and peaceful experiences.

REF 30

1.00-2.00PM

### YOGA NIDRA Beko Kaygee



Heal the mind, let go in the body and free the spirit through deep relaxation. Journey to a blissful state (conscious sleep) with a guided practise that will help you let go of everything which no longer serves you. On return from 'the journey' you will feel like a huge weight has been lifted off your shoulders – leaving you free to move forward & face whatever new & exhilarating challenges life has to throw at you.

REF 31

### CLASS TYPES



Mind Body



Conditioning



Talks/Workshops



Combat/Martial Arts



Dance/Cardio



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