

# CLASSES

FROM February 2018

*Get yourself 'Swanning Back' to exercise, prevent injury and manage stress with our classes...*

## TIMETABLE

Monday		
Time	Class	Instructor
18.30 - 19.30	Pilates	Cat
19.45 - 20.45	Pilates	Cat

Tuesday		
Time	Class	Instructor
12.30 - 13.30	Dru Yoga	Christine
14.00 - 15.30	Rehab	Pippa
16.00-17.00	Kid's Dru Yoga	Christine
18.30 - 19.30	Pilates	Cat

Wednesday		
Time	Class	Instructor
19.30 - 20.30	Pilates	Cat

Thursday		
Time	Class	Instructor
10.00 - 11.00	Pilates	Cat
11.15 - 12.15	Pilates	Cat
15.00 - 16.00	Rehab	Pippa &
16.00 - 17.00	Rehab	Physio
17.30 - 18.30	Rehab	Students

Friday		
Time	Class	Instructor
<del>10.00 - 11.15</del>	<del>Yogabellies</del>	<del>Beekie</del>
12.00 - 13.00	Dru Chair Yoga	Christine

(Mat Leave)

*More Classes in development for 2018 - please email any ideas to [admin@swanphysio.co.uk](mailto:admin@swanphysio.co.uk) and we will see what we can do!*

**1-2-1 sessions with all of the instructors are also available**

## CLASS DESCRIPTIONS

Pilates	A low-impact exercise aimed at strengthening your core and reversing the effects of modern day postures such as sitting, computer work and driving. An excellent way of managing spinal conditions and arthritis.
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Kid's Dru Yoga	Open to any children 4-16 years old who want to improve flexibility, co-ordination and balance. Includes relaxation exercises to de-stress from a busy day at school. Accessible for all children including those with Cerebral Palsy or similar.
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Ante & Post-Natal Pilates	We are able to accommodate ante- and post-Natal Pilates within our Pilates classes. As our class sizes are small exercises can be safely adapted. All we ask is that you have a 1-2-1 Assessment before joining a class.
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Rehab	Run by the therapy team in our rehab gym, ideal for preparing for surgery, recovering afterwards as well as getting back to exercising after injury or illness and exercising to manage arthritis. Also great for working on balance and co-ordination to prevent falls. All ages and abilities catered for.
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Dru Yoga	Foundations set in ancient yogic tradition, Dru works on the Body, Mind and Spirit. Flowing sequences, postures, breathing and visualisation to tone and stretch, increasing flexibility, whilst de-stressing and relaxing. Suitable for all abilities, fitness levels and ages.
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Chair Dru Yoga	Yoga in a chair! Great if you struggle getting up or down from the floor!
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An assessment from the instructor is recommended prior to joining a class

All of our classes are in small groups to ensure close supervision

Classes can also be delivered on site in your workplace by special arrangement - please contact reception for more information.

Direct Debit Options now available

## REHAB CENTRE

Three Mile Lane, Keele, ST5 5HH

*We pride ourselves on offering a range of services to suit all individual needs - literally from your head to your toes!*

### AYURVEDIC MASSAGE

with

**CHRISTINE MURRAY**



*Ayurvedic Massage uses warm oil containing therapeutic herbs*

*It can help to:*

- Boost the Immune System
- Reduce Stress
- Improve Circulation
- Promote Health Skin
- Detoxify
- Cleanse

*Massages Available:*

- Whole Body
- Back/Neck/Shoulder
- Facial

**£40 / Massage (45-60mins)**

### SINUSITIS & RHINITIS TREATMENT

We can now offer a Head/Face Ayurvedic Massage, followed by Acupuncture from one of our Therapists to help clear blockages and relieve the pain associated with Sinusitis/Rhinitis.



**Free Facial Acupuncture after any Head/Face Ayurvedic Massage until May 2018!**



### HYPNOTHERAPY

and more... with

**JANE LLOYD**

*Jane uses a variety of techniques:*  
NLP (NeuroLinguistic Programming)  
Mindfulness  
Hypnotherapy  
and many more....

*These can help with:*

- Stress & Anxiety
- Depression
- Phobias
- Pain
- Weight Management
- Post Traumatic Stress Disorder
- Irritable Bowel Syndrome
- Smoking Cessation

Jane is happy to discuss if any of her services will be of benefit to you in a complementary telephone consultation - just call our main reception and we will book in a convenient time for her to call you.

***Often a couple of sessions is all that is needed to get you on your way to a better recovery - from head to toe!***

***Call now to avoid disappointment!***