



Studio News

THE HEALING POWER OF NATURE: HOW BEING OUTSIDE BOOSTS WELLBEING

Written by Keeley Clark

In our modern, technology-driven world, we often find ourselves disconnected from nature. However, spending time outdoors has a profound impact on our overall wellbeing. In this article, we explore how immersing ourselves in nature can enhance our mental, physical, and emotional health.

Mental Clarity and Stress Reduction:

Stepping outside into nature allows us to escape the noise and chaos of everyday life, providing a much-needed respite for our minds. Research shows that spending time in green spaces can reduce stress levels and improve mental clarity. The peacefulness and beauty of natural environments have a calming effect, promoting relaxation and reducing symptoms of anxiety and depression. Engaging with nature also enhances our cognitive function, improving focus, creativity, and problem-solving abilities.

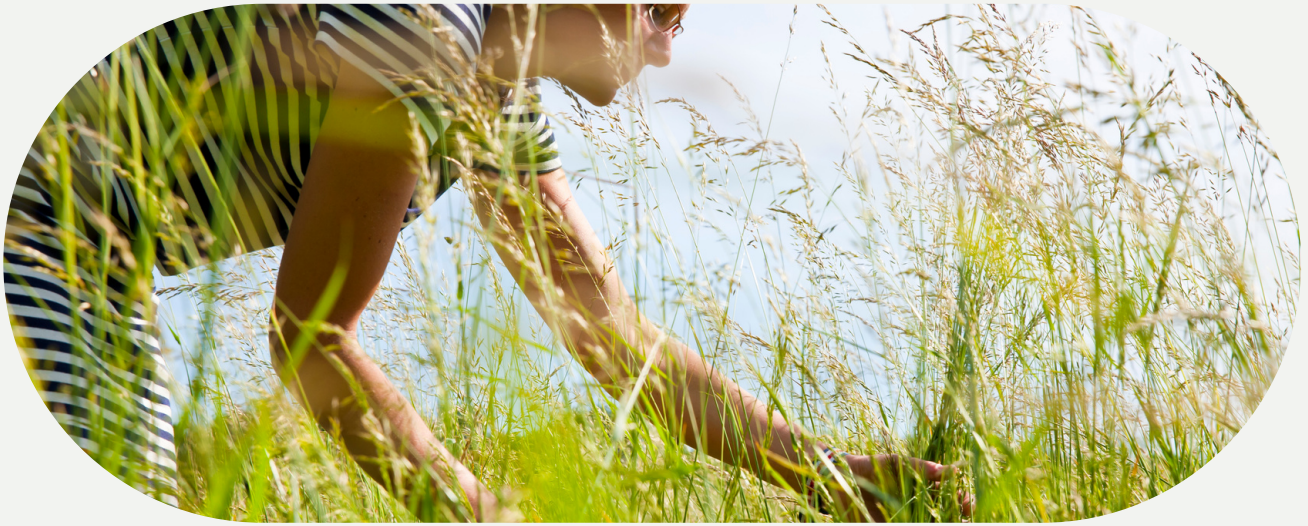
Physical Health and Vitality:

Embracing the great outdoors can do wonders for our physical health. Outdoor activities encourage movement and exercise, which are essential for maintaining a healthy body. Whether it's hiking, cycling, gardening, or simply taking a leisurely stroll, being outside allows us to engage in physical activities we enjoy while enjoying the fresh air and sunshine. Exposure to natural sunlight also helps our bodies produce vitamin D, which is crucial for bone health and immune function. Moreover, studies have shown that spending time in nature can boost our immune system and reduce the risk of certain diseases.

WHAT'S IN THIS MONTH'S ISSUE:

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- Upcoming Events





Connection and Mindfulness:

Nature has a remarkable ability to evoke a sense of connection and mindfulness. When we immerse ourselves in natural surroundings, we become more attuned to our senses and the present moment. The sounds of birds chirping, the feel of the wind on our skin, and the sights of majestic landscapes awaken our senses and bring us into the here and now. This mindful connection with nature promotes a sense of gratitude, inner peace, and a deeper appreciation for the world around us. It helps us detach from the constant distractions of technology and reconnect with our true selves.

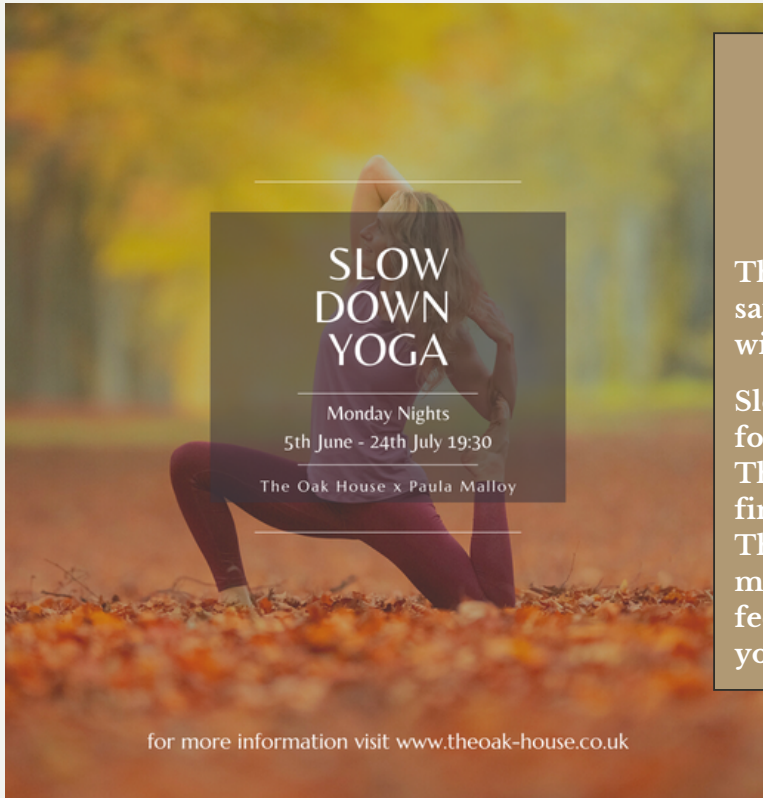
Restoring Energy and Boosting Mood:

Nature acts as a natural energizer and mood booster. Spending time outside revitalizes our mind, body, and spirit, providing a much-needed escape from the demands and stresses of daily life. The serenity of natural environments helps reduce mental fatigue and increase our overall energy levels. The exposure to natural light and fresh air stimulates the production of serotonin, a neurotransmitter that promotes feelings of happiness and well-being. Whether it's a walk in the park or a weekend getaway in nature, the positive impact on our mood is undeniable.

CONCLUSION

The healing power of nature is a readily available resource that can significantly enhance our overall wellbeing. By stepping outside and immersing ourselves in natural environments, we tap into the countless benefits for our mental, physical, and emotional health. So, let's embrace the outdoors, reconnect with nature, and let its transformative influence nurture our wellbeing.

Upcoming Events



SLOW DOWN YOGA

Mondays 5th June - 24th July 19:30

There's a strength in slowing down, a power to saying no to our fast-paced world and taking the wild option of moving slowly and feeling deeply.

Slow doesn't always mean easy, slowing down we focus, we feel into and we give ourselves time.

Throughout our Yoga Slow class, we focus on the finer details of the practice.

This class is perfect for those who wish to move more slowly in their yoga practice, for those who feel a 'bit rusty' or are looking to get back into yoga after some time away from the mat.

BEGINNERS YOGA

Wednesdays 7th June - 26th July 19:30

A perfect opportunity for you and your daughter to spend quality-time together in a meaningful and enriching way whilst gaining clarity over how to support yourself and your daughter as she journey's through puberty.

Children age 6 - 12 *(5 yr old can attend but must be accompanied)

Look forward to seeing you for the journey.



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk

Upcoming Events



FULL MOON YIN & CRYSTAL SOUND HEALING

2nd July 18:30 - 19:45
The Oak House x Emma Daisy Yoga

for more information visit www.theoak-house.co.uk

FULL MOON YIN & CRYSTAL SOUND HEALING

Sun 2nd July 18:30 - 19:45

The full moon brings a time to draw inwards. It is the phase in the cycle where the light & energy is at its lowest. We can honour this signal for rest & nourishment by slowing down the pace of life around this time, which our fast paced lives don't always allow space for. I am inviting you to join me to gather under the new moon for a deeply restorative Yin crystal sound healing practice to reflect, restore & renew. This is a wonderful way to live in a more cyclical way & honour your own personal cycles.

MUM & BABY YOGA

WED 14th June - 19th July
9:30 - 10:30

Enjoy an hour of special bonding time with your baby while leaving totally relaxed. During the class we will be focusing on some nurturing Postnatal Yoga for mums to focus on areas such as releasing tightness in neck, shoulders and back as well as focusing on our abdominal and pelvic floor muscles and supporting our back and regaining strength in the whole body. There's also wonderful baby yoga moves to help baby to stay nice and flexible, develop baby's digestive & immune system and to sleep better.



BABY YOGA COURSE

WEDNESDAYS 09:30 - 10:30
14th June - 19th July
The Oak House x Anna Sofat

for more information visit www.theoak-house.co.uk

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Upcoming Events



SINGING FOR JOY & CONNECTION MINI RETREAT

Saturday 17th June 13:30 - 16:30

Singing Mamas Choir CIC is a not-for-profit organisation specialising in Women's Singing Circles to improve connection, mental health and general well-being for all women - Mothers, Non-Mothers, Pregnant Women, Grandmas, Aunties, Elders, Young women - all Women who want to feel uplifted, and connected through singing together - and a cup of tea and cake of course!

GIRLS RISING MOVEMENT

Sunday 2nd July 10:30 - 16:30

A perfect opportunity for you and your daughter to spend quality-time together in a meaningful and enriching way whilst gaining clarity over how to support yourself and your daughter as she journey's through puberty.

Children age 6 - 12 *(5 yr old can attend but must be accompanied)

Look forward to seeing you for the journey.



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Upcoming Events



SUMMER JOY & RADIANCE DAY RETREAT

16th July 11:00 - 17:30
The Oak House x Emma Daisy Yoga

for more information visit www.theoak-house.co.uk

SUMMER JOY & RADIANCE DAY RETREAT

16th July 11:00 - 17:30

A day dedicated to you & your well being. Beginning with a dynamic breathe led flow practice leading into a soothing meditation. Break for a delicious healthy picnic style lunch enjoyed within the stunning grounds. Returning to the mat for a deeply restorative yin yoga practice, supported by props to assist you in resting fully. Followed by a grounding & nourishing yoga nidra practice that leads into a crystal sound bath. You will leave feeling refreshed, restored & renewed.

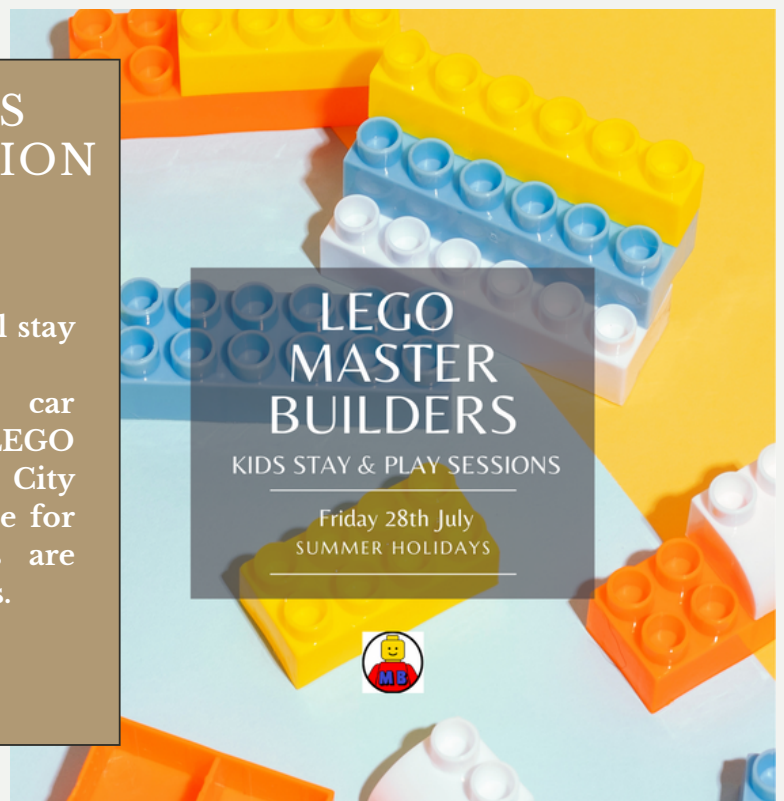
LEGO MASTER BUILDERS SUMMER HOLIDAY SESSION

Fri 28th July

Come and join us for these fun, informal stay and play sessions.

Activities available will include race car building and racing on our ramp. LEGO Mosaics, Bionicals, Trains, Games & City Building. We will have DUPLO available for smaller LEGO fans but the sessions are primarily aimed at reception age upwards.

Each session duration is an 1 hour 15mins.



LEGO MASTER BUILDERS

KIDS STAY & PLAY SESSIONS

Friday 28th July
SUMMER HOLIDAYS



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