



Studio News

WHAT'S IN THIS MONTH'S ISSUE:

- The Gut Brain Connection
- Upcoming Events

THE GUT BRAIN CONNECTION PART 2

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SO..... what is all this gut bacteria stuff?

Approximately 3lbs of these tiny living creatures-fungi, viruses, and bacteria, which are as unique to you as your fingerprint, make up the jungle in your gut known as the microbiota/microbiome. This collection of gut bugs perform many tasks which are able to control your behaviour, your mood, how you think and how you feel.



In a healthy person gut bacteria live and work together with no problems but when bad or rogue strains of bacteria start to outweigh the beneficial ones (DYSBIOSIS-life style, diet, antibiotics, stress), your health can take a turn for the worse. The vagus nerve is the 'busy body' nerve, it runs from the gut to the brain and is able to 'detect' DIS-EASE in the gut bacteria and then report it back to the brain. The brain interprets gut signals as feelings and emotions so you really can trust your gut instinct.

THREE EASILY AVAILABLE HERBS TO SUPPORT YOUR GUT-BRAIN HEALTH AND MAKE YOU SMILE FROM THE INSIDE OUT!

- *Melissa officinalis*-Lemon balm
- *Lavandula officinalis*-Lavender
- *Rosmarinus officinalis*-Rosemary

Upcoming Events



PILATES IN THE PARK

30th July, 8:45am

We are offering an exclusive opportunity to practice mat Pilates in the stunning location of Hatfield House Park over the summer months. Enjoy a 20 minute stroll down to the river, a 1 hour mat Pilates class under the tree shade, followed by a 20 minute walk back to the studio. Our first class was so special, don't miss the opportunity to enjoy this unique experience.

This class is suitable for all levels

WINTER YOGA RETREAT, SPECIAL OFFER

Super Early Bird Offer !

This exclusive retreat with woodland yoga will focus on Welcoming Winter. Seems like a crazy theme to be contemplating when we've just had the hottest day ever in the UK but as nature reminds us, everything is in constant flux and before you know it, we'll be preparing for the darker half of the year. Join us to cultivate a deep awareness, respect and love of winter (yes, it's possible!).

**S.Early Bird Offer £97, normal price £134
Offer Ends Sunday**



FOR MORE INFO VISIT: www.theoak-house.co.uk

Upcoming Events



MOON CIRCLE

05th August, 20:00 - 22:00

Come and join the wonderful Becky Bohan at The Oak House for the first of a Monthly Moon Circle as we gather under the energy of the moon, bringing in meditation, working with healing modalities and creating a safe space exploring different energies.

For August we will work with the healing energy of sound and drums

SINGING MAMAS

12th August 20:00 - 21:00

Singing Mamas is Women's Singing Circles that aims 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!

No singing experience required



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