



# Studio News

## WHAT'S IN THIS MONTH'S ISSUE:

- Falling in love is good for your heart
- Upcoming Events

## FALLING IN LOVE IS GOOD FOR YOUR HEART

Written by Yvette Lavender of  
The Lavender Practice

The heart generates the strongest electromagnetic field of the body. A combination of electric and magnetic fields make up this invisible and powerful field.

When people touch and connect with each other, a subtle but highly complex exchange of information occurs via their individual electromagnetic heart fields. Each person's dynamic force field dances and resonates with each other until they combine and pulsate as one energy wave.

Falling in love causes the heart to expand to receive a huge flood of hormones which flow throughout the heart and body. Hormones such as dopamine, has a positive domino effect on many other hormones, all of which help to stimulate the health and immune function of every cell in the body.

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When we stop thinking with our brains and start to "feel" with our heart, it takes on a smooth, gentle rhythm, the parasympathetic nervous system kicks in and the body enters into a state of relaxation. The heart, brain and gut pulse in harmony and the entire hormonal cascade and biochemistry of the body alters to increase feelings of peace, happiness and wellbeing.

*"We have all some electrical and magnetic forces within us, and we put forth like the magnet itself an attractive or repulsive power as we come in contact with something similar or dissimilar". Goethe.*



# Heart Tumblings by The Lavender Practice (medicinal love potion number 4!)

## You will need:

1 bottle of good quality, full-bodied red wine  
1 orange, 1 lemon, 1 lime.  
150g Schisandra berries  
150g Hawthorn berries  
900ml water

## Method

Empty bottle of red wine into a jug.  
Cut an orange, lemon, and lime into wedges.  
Squeeze the citrus juices into the wine and add the wedges.

## Medicinal Schisandra Berry and Hawthorn Berry Syrup

### Method

- Add the berries to 900ml of water, cover and simmer gently for 30 to 40 minutes.
- When almost cool, transfer the ingredients to a blender and blend for a few moments.
- Strain through a sieve to remove any hard pieces/outer shell. Return the sieved mixture to the saucepan.
- Add 300g of dark brown sugar and bring to a boil letting the mixture cook for a couple of minutes.
- Chill overnight then add 300g of sliced strawberries and 900ml of ginger ale just before serving.....ENJOY!

Schisandra chinensis (Schisandra) increases blood flow, strengthens and tones the reproductive and sexual organs to restore vitality and stamina, supports the endocrine system by balancing hormones, enhances detoxification of the liver, reduces anxiety and increases feeling of calm, increases energy and nourishes the heart.

### Crataegus laevigata (Hawthorn)

Provides energy to the heart, protects cardiac cells against damage, stabilises blood vessels and connective tissue, lowers blood pressure and reduces anxiety.

Red wine and citrus fruits are full of incredible plant compounds that provide anti-cancer, anti-ageing, immune boosting, anti-inflammatory and gut supporting health benefits.

### Top Tips to a Healthy, Happy, Heart!

- ♥ Exercise and movement are essential for a strong, healthy heart.
- ♥ A diet rich in natural phytochemicals (plant compound) and good fats is essential.
- ♥ Maintain a stable, healthy weight.
- ♥ Ensure plenty of good sleep.
- ♥ Be kind to yourself and spread kindness.
- ♥ Live, laugh, love!

# Upcoming Events



## SLOW DOWN YOGA COURSE

MON 20th FEB - 27th MAR 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.

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.

## RECHARGE YOGA

SUN 26th FEB 14:00 - 16:00

*A monthly extended yoga practice*

Take some time out of your busy life and recharge your batteries with a nurturing extended yoga practice.

This retreat afternoon is an opportunity to connect with yourself through reflection, yoga, and relaxation.

FEBRUARY 26TH 14:00 - 16:00



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

[www.theoak-house.co.uk](http://www.theoak-house.co.uk)

# Upcoming Events



## PREGNANCY YOGA RETREAT

SUNDAY 5th MAR 10:00am

The perfect self-care morning for you and your growing bump, taking time to connect and nurture yourself.

You will have a deeply nourishing, revitalizing and relaxing time, and leave feeling just wonderful. A morning of indulgence you deserve.

Suitable from 12 weeks onwards until giving birth.

## GIRLS RISING MOVEMENT

SUNDAY 12th MAR 10:30am

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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## BEGINNERS YOGA COURSE

WED 15th MAR - 17th MAY 19:30

Beginner's progression is perfect for those newbies to yoga who are looking to continue their journey, or for those in need of a 'refresher' course.

If you have completed a beginner's course and wondering what the next stage is? Or perhaps you're looking for a slower paced yoga class? Then beginner's progression could work for you.

## LEGO MASTER BUILDERS

FRI 7th APR 11:30am

Easter Holiday Activities

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.



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