



Studio News

WHAT'S IN THIS MONTH'S ISSUE:

- Navigating the Change from Summer to Autumn
- Upcoming Events

EMBRACING THE TRANSITION:

Navigating the Change from Summer to Autumn

As the days grow shorter and the leaves begin to change, the transition from summer to autumn brings with it a unique set of challenges and opportunities. While bidding farewell to long, sun-soaked days may be bittersweet, embracing the beauty of autumn and adapting to the changing season can be a rewarding experience.

1. **Embrace the Colours:** Autumn is a season renowned for its vibrant foliage, offering a picturesque backdrop of red, orange, and yellow hues. Take the time to go on nature walks, capture the breath taking scenery, and savour the simple pleasure of crunching leaves underfoot.

2. **Wardrobe Transition:** Swap out your summer attire for cozy sweaters, scarves, and boots. Layering not only keeps you warm but also allows you to play with fashion, mixing and matching different textures and colours

3. **Fall Flavours:** Embrace the culinary delights of autumn. Savour pumpkin-spiced lattes, apple pies, and hearty soups. Experiment with seasonal produce, like butternut squash and cranberries, in your cooking.

4. **Mindful Self-Care:** As the days become shorter, it's important to prioritize self-care. Take time to indulge in activities that soothe your soul, such as reading a good book, practicing yoga, or enjoying a warm bath.



Get Cosy



5. Prepare for Colder Days: Ensure your home is cosy and inviting by adding blankets, cushions, and candles. Regular maintenance like checking your heating system and sealing any drafts will help keep you warm and comfortable.

6. Stay Active: Don't let cooler temperatures deter you from staying active. Enjoy outdoor activities like hiking, apple picking, or even a brisk walk through the falling leaves.



7. Plan for the Holidays: Autumn leads us into the holiday season. Start planning gatherings with friends and family, and think about creative ways to celebrate Halloween, bonfire night, and other festivities.



The change from summer to autumn is a natural progression that invites us to slow down, appreciate the beauty of transformation, and find joy in the simple pleasures of life. By embracing the season and adapting to its unique characteristics, we can make the most of this beautiful transition in our lives.



Upcoming Events



EXTENDED RECHARGE YOGA PRACTICE

Saturday 16th Sept 13:30 - 17:00

A reflective introduction will help you create and maintain a positive frame of mind for the new year. Irene's signature combination of gentle Vinyasa and nurturing Yin yoga will help you release stress and tightness.

Guided breathing will help you calm your nervous system.

A guided visualisation will help you restore balance and inner strength.

FULL MOON YOGA & GONG SOUND BATH

30th Sept 14:00 - 18:00

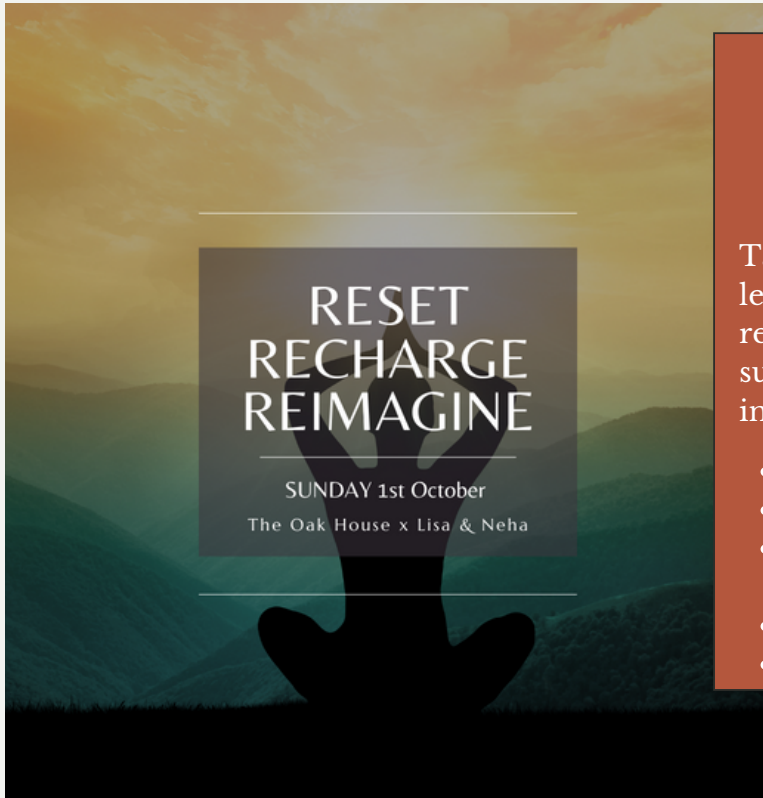
The transition away from Summer towards Autumn is the perfect time to focus on grounding hip openers in our yoga practice, helping us gather our inner strength and enabling us to feel strong and steady.

We will incorporate breathing exercises into our movement to deepen our experience and enjoy a nourishing and restorative gong sound bath played by the talented Michael Blainey. To finish we will have a chance to chat, drink herbal tea and munch on vegan cake!



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:
www.theoak-house.co.uk

Upcoming Events



YOGA, BREATHWORK & MINDSET

1st Oct 10:00 - 16:00

Take the time you deserve to breathe, stretch, let go and find your flow. You'll leave revitalised, with tools and techniques to support your wellbeing journey, off the mat & into everyday modern motherhood.

- A unique blend of Tai Chi & yoga
- Breathwork for bringing calm to chaos
- Healthy Habits & daily rituals for balanced living
- Essential oils and healing crystals
- Women's circle and meditation

FULL MOON YIN & CRYSTAL SOUND HEALING

1st Oct 18:30 - 19:45

Experience a profoundly restorative evening of yin yoga & healing sounds. If you're seeking soothe your body, calm your mind, & nurture your nervous system, this event is the perfect remedy.

In our hectic, fast-paced lives, we often lack the opportunity for deep rest, free from distractions and constant stimulation. This guided practice promises to provide a grounding and nourishing experience, leaving you with a profound sense of restfulness and rejuvenation.



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk

Upcoming Events



GIRLS RISING MOVEMENT

1st Oct 10:00 - 16:00

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)

EARLY BIRD OFFER NOW ON

WELCOMING WINTER

12th Nov 10:30 - 16:30

Join Louise for another one of her enchanting full-day retreats, designed to help you embrace the arrival of winter, a season that can challenge us all at times.

No prior experience is required; all you need is an open mind and a genuine appreciation for the beauty of nature!

EARLY BIRD DISCOUNT CODE - wintering



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk