



# Studio News

## APRIL IS NATIONAL STRESS AWARENESS MONTH

Written by Irene Campbell

Did you know that there is no single, commonly agreed definition of the word stress? The World Health Organisation defines it as “a state of worry or mental tension caused by a difficult situation.” And the NHS states that “stress is the body's reaction to feeling threatened or under pressure. These different definitions show that there are several elements of stress: A cause or trigger, a physical stress response, and the resulting feelings, emotions, and behaviours.

Keep in mind that not all stress is bad: Some short-term stress can be stimulating and empowering. Long-term stress on the other hand can have a detrimental effect on your physical and mental health.

As a yoga teacher I have observed that many of my clients start yoga to get fitter or more flexible, but they stay because they find it so amazingly beneficial for releasing stress.

Yoga is particularly useful for managing the physical symptoms of stress. Doing yoga can also help you detect the symptoms of stress more easily and create a positive and resilient frame of mind.

Here's a range of resources I've developed to help you cope better with stress:

- Free YouTube Videos specifically for stress management.
- A free Yoga for Beginners Course.
- A comprehensive Yoga for Stress Foundation Course.
- Individual 1:1 sessions for personalised stress coaching. Please email me to find out more.
- Or join the next Monthly Recharge Retreat Afternoon, Saturday 27th May

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

- April is National Stress Awareness Month
- Upcoming Events





## Why yoga for stress relief?

Just in case you didn't know: Yoga is a system that combines physical exercise, conscious breathing, relaxation, and meditation. Each of these elements can help you manage stress. Studies have also shown that yoga can help reduce levels of anxiety, lower blood pressure, and improve sleep.

When practicing yoga, your body moves from a state of high alert (fight-or-flight response) to a state of ease (relaxation response). I am a fan of short, focussed daily yoga practices because they offer that precious Me-Time where I can just let go of the daily hassles, release tensions in my body and find some inner peace and quiet.

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### Body, mind, and breath

The areas of the body that tend to carry the most stress are the neck, shoulders, back, and jaws. Yoga poses can help loosen up these tense muscles in your body. More dynamic yoga styles will help improve your cardio-vascular fitness and "work out" that stress.

While doing poses, your mind will be concentrating on what you are doing and is less likely to wander off to your do-lists, worries and pre-occupations. I asked one of my clients about the difference between yoga and other forms of exercise and the answer was "yoga is totally absorbing. I have no time to think about my stress at work and completely relax."

Whenever something challenging comes along, try to focus on your breathing for about a minute or two until you feel calmer. You may be surprised how much better you now can deal with the situation. There is a range of yoga breathing techniques that can help you calm down, but also to energise when feeling fatigued.

The best part about yoga is its underlying ethos of self-acceptance, self-compassion, and self-responsibility. Yoga can help you feel more at peace with yourself. You may not feel these benefits instantly, but as with all things, the positive effects of yoga will build up over time.

# Upcoming Events



## BLOSSOMING WITH BALTANE RETREAT

14th May 10:30 - 16:30  
The Oak House x Louise Neicho

for more information visit [www.theoak-house.co.uk](http://www.theoak-house.co.uk)

## BLOSSOMING WITH BALTANE - SOLD OUT

Sunday 14th May

The ancient Celtic fire festival of Beltane is all about fertility, abundance and celebrating the profusion of new life that is bursting forth everywhere.

The Earth energies are at their strongest and most active at this time and we can connect into this and welcome in the potential to see our deepest desires becoming reality. Join us in this special location, at this potent time of year to:

## MAKING CONNECTIONS: YOGA & THAI MASSAGE

21st May 14:00 - 18:30

You are invited to join us for a fun, inspiring and restorative afternoon. We will learn how to connect with ourselves and each other through:

- Yoga Movement
- Breathwork
- and Thai Massage

The aim is for you to feel totally restored, relaxed and rejuvenated by the end of the afternoon.



## MAKING CONNECTIONS: YOGA & THAI MASSAGE

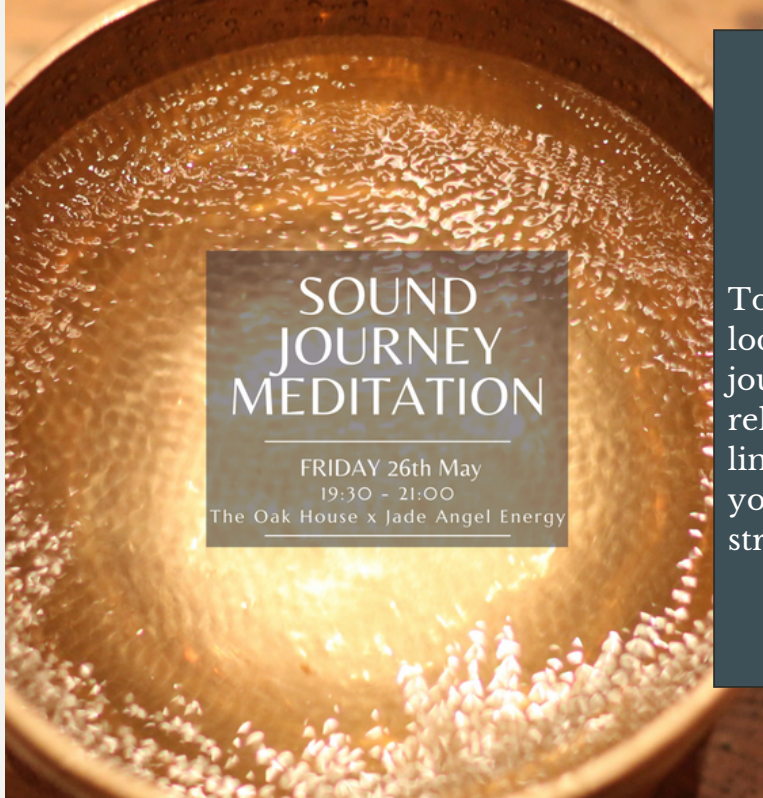
21st May 14:00 - 18:30  
The Oak House x Josie Raison

for more information visit [www.theoak-house.co.uk](http://www.theoak-house.co.uk)

FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

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# Upcoming Events



## SOUND JOURNEY MEDITATION

FRIDAY 26th May  
19:30 - 21:00  
The Oak House x Jade Angel Energy

## SOUND JOURNEY MEDITATION

Friday 26th May 19:30 - 21:00

Together with The Oak House's magical location and Jade's abilities to assist you on journey into a deep meditative state of relaxation, you can be assured that these limited Friday night sound sessions will start your weekends peacefully, letting go of the stresses of the week.

## RECHARGE YOGA RETREAT

27th May 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.



## RECHARGE YOGA RETREAT

A monthly extended yoga practice

27th May 14:00 - 16:00

The Oak House x Irene Campbell

for more information visit [www.theoak-house.co.uk](http://www.theoak-house.co.uk)

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## 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.

## NEW MOON YIN & CRYSTAL SOUND HEALING

FRI 2nd June 19:00 - 20:15

The new 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.



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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](http://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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