

BODY EQUILIBRIUM

Sports Massage | Yoga | Reiki

What is Reiki?

Reiki is a form of energy healing, where the therapist works with the client's chakras and energy levels. It is performed with the client lying fully clothed on a couch and covered with a blanket. The therapist then scans over the body of the client in order to detect areas of imbalance. Clients usually benefit from a course of treatments.

Find out more [here](#).

Sports Massage

Don't make the assumption that sports massage is only for athletes or the seriously sporty...it isn't.

Modern life takes its toll on all our bodies.

Sitting at computers, staring at phones and even driving can cause a number of issues including sore necks and aching shoulders. Most of us tend to ignore these niggles until they become something worse.

Why not try sports massage?

Phone 07494 100165 and book your appointment today.



Welcome to the first Body Equilibrium newsletter...

It's been a really busy few months and there have been a number of new treatments, classes and events added to the range at Body Equilibrium Sports Massage and Yoga Therapies.

RockBlades (IASTM)

Last month I attended the RockBlade training with RockTape UK. RockBlades are a form of instrument assisted soft tissue mobilisation (IASTM). They are specially designed

tools that enable the therapist to detect and work with areas of soft tissues that are perhaps tight or dysfunctional. They may look a little like knuckledusters, but they help improve range of motion in a gentle manner. RockBlades are used during a sports massage therapy treatment.





Candlelit Yoga

On 29th October, to coincide with the clocks going back and to celebrate the advent of the darker evenings, we ran our first candlelit yoga evening at Lifting Room CrossFit in Weedon.

It was an incredible evening of lovely stretches and blissful calm.

Surrounded by beautiful candlelight, our group of yogis were guided through a range of yoga asanas (postures) designed to counteract the stresses and strains of daily life.

This was followed by a yoga nidra session, with everyone snuggled up under blankets, designed to help to calm the mind and promote inner peace.

We finished the evening with some delicious vegetarian nibbles, warming drinks and lots of chat and laughter.

The evening was a great success and all places were filled.

We will be holding another event very soon - so follow us on Facebook and Instagram to see details of our next blissful yoga evening.

www.bodyeq.co.uk

info@bodyeq.co.uk

07494 100165

Yoga Classes

Attending a group yoga class is a great way to find out more about the practice of yoga. Classes are suitable for complete beginners through to those with more experience.



EVERY TUESDAY
11AM-12PM

EVERY THURSDAY
11AM-12PM

EVERY SUNDAY
11AM-12PM

Beginners and non-members welcome

BOOK YOUR PLACE: www.liftingroomcrossfit.co.uk



FIND OUT MORE:
07494 100165
info@bodyeq.co.uk
www.bodyeq.co.uk

Daytime classes are held at Lifting Room CrossFit in Weedon and evening classes at Watford Village Hall. We also offer a range of themed yoga evenings and workshops so keep your eyes peeled.



Hatha Flow

EVERY TUESDAY
6PM-7PM

Beginners' Class

EVERY THURSDAY
6:30PM-7:30PM

WATFORD VILLAGE HALL,
STATION ROAD, WATFORD,
NORTHANTS. NN6 7UY

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