



Wellbeing Practitioners at Harbour House

Please contact the teachers directly to book classes and check suitability of classes.

<p>Derek Bates Tai Chi</p> <p>Derek has over 30 years' experience of Tai Chi and Traditional Chinese arts.</p> <p>Classes encourage health and wellbeing through the ancient traditional Chinese system of exercise and martial art. Using natural movements to exercise both the body and the mind.</p>	<p>Justine Besch Pilates</p> <p>Justine has trained in Stott Pilates, offering classes that are varied to challenge the body and mind through guidance.</p> <p>Classes explore the principles of Stott Pilates; breath, shoulder movement and stabilisation; head and cervical placement, pelvic placement and rib cage placement..</p>	<p>Caroline Biddle Yoga</p> <p>Caroline has been teaching yoga for 20 years.</p> <p>Classes are led by attention to breath, elements of stillness and flowing sequences; weaving mindfulness techniques and poetry into the practice.</p>	<p>Kathy Courage Yoga</p> <p>Kathy's teaching focuses on the individual needs and abilities of each student, reflecting many styles of Yoga.</p> <p>Specifically focussing on Hatha Yoga tradition, shaped by Vinyasa dynamic and the teachings of Vanda Scarvelli.</p>
<p>Website</p>	<p>Website</p>	<p>Website</p>	<p>Website</p>
<p>Contact: 07904 661036</p>	<p>Contact: 077483 37449 justinebesch@gmail.com</p>	<p>Contact: 077425 88883 cmcbiddle@aol.com</p>	<p>Contact: 07989 632371 kathycourage@gmail.com</p>
<p>Cost: £7 Per Session</p>	<p>Cost: £12 Per Session £57- 6 x classes £66.50- 7 x classes</p>	<p>Cost: £10 Per Session £50- 6 x classes (taken within 7 weeks)</p>	<p>Cost: £12 Per Session £60 – 6 x classes</p>

<p>Saffron Craig Yoga & Pilates</p> <p>Saffron offers an alternating class of Yoga or Pilates for men.</p> <p>This class aims to enhance a healthy lifestyle and is open to men wanting to explore the practices of Pilates and Yoga.</p>	<p>Caroline Dale Heart Rhythm Meditation</p> <p>Caroline is an experienced teacher of Heart Rhythm Meditation, which she has been studying for 20 years. She is also an Alexander Technique teacher with 22 years' experience.</p> <p>Heart Rhythm Meditation is a profound yet easily learned, practical meditation applicable to all the areas of your daily life.</p>	<p>Sophie Darling Yoga</p> <p>Sophie is a certified Hatha & Yin Yoga teacher.</p> <p>Classes draw upon a myriad of movement modalities and the many wide and enriching yoga styles and disciplines she has studied and practiced in her lifespan thus far!</p> <p>Positivity is at the heart of everything she does and shares.</p>	<p>Ina Dittfurth Yoga</p> <p>Ina is a certified Holistic Yoga Teacher and a NHS Musculoskeletal Physiotherapist.</p> <p>Her classes offer the fundamentals of Yogic breathing (Pranayama), Yoga poses (Asanas), including warming up exercises, relaxation, and meditation.</p>
<p>Website</p>	<p>Website</p>	<p>Instagram</p>	<p>Website</p>
<p>Contact: 07840 788511 Saffron.nl.craig@gmail.com</p>	<p>Contact: 07850 979508 caroline@carolinedale.net</p>	<p>Contact: 07875 283682 darlingyogadevon@gmail.com</p>	<p>Contact: 01548 511548 Ina@yogaandphysio.com</p>
<p>Cost: £10 Per Session £50 – 6 x classes</p>	<p>Cost: £60 per course</p>	<p>Cost: £10 Per Session</p>	<p>Cost: £12 per session £40 - 4 x consecutive classes</p>



Katie Douglas
Ballet Be Fit

Ballet Be Fit is a low impact class which focuses on posture, mobility, flexibility, muscle tone and definition as well as creating that healthy body healthy mind connection.

No previous ballet experience is needed. Bring along a yoga mat, water bottle and foot coverings (ballet shoes, socks whatever you feel comfortable in).

Jo Ellis
Pilates

Jo will guide you through the class, to strengthen and stretch your body, encouraging you to breathe in order to find balance, and to help you focus on wellbeing, bringing mind and body into harmony.

Jo offers 2 beginners' classes:
1 open to all
1 open to members only

Martina Edmonds
Yoga

Martina's Yoga sessions alternate weekly between Yin and Yang practices.

Yin Yoga delivers through postures (Asanas) to nourish the body and mind. Yang Yoga follows flow sequences and Hatha Yoga Teachings.

Kate Feest
Yoga

Kate is a qualified Yoga teacher. Her classes focus on finding solace in Yoga and meditation practices, allowing participants to escape from stress using simple tools to bring back a state of rest.

[Website](#)

Contact:
07553 098762
katielou089@hotmail.com

Contact:
07582 444777
jo@balanceyourwellbeing.co.uk

Contact:
01548 853216
07947 991043
Martina.edmonds@btinternet.com

[Website](#)

Contact:
078152 208794
kate@thestartofnow.com

Cost:
£9 per session
Block bookings available

Cost:
£4 per session (members)
£7 per session (new participants)

Cost:
£13 per session
£56 - 7 x classes

Cost:
£10 per session



Aimie Freeston
Yoga & Pilates

Aimie offers an alternating class of Yoga or Pilates for men.

This class aims to enhance a healthy lifestyle and is open to men wanting to explore the practices of Pilates and Yoga.

Chloe Garland
Yoga

Chloe has been a certified Yoga teacher for 13 years. She has studied a variety of disciplines including Swedish Massage, Thai Yoga Massage, Acro Yoga Massage and Ayurvedic principles.

She integrates all of these practices to create a unique experience in her classes. Focussing on building strength and flexibility, and helping her class relax and find grounding for body and mind.

Stephen Harding
Yoga

Stephen is an accredited Senior Yoga Teacher.

His classes are fun and ideal for beginners, with teaching being tailored to individual needs.

There is a focus on set postures, synchronising breath, movement and muscle control to develop strength and stamina.

Sue Kershaw
Extend Keep Fit

Exercise classes to music for the over sixties.
Sessions are a mixture of aerobic routines, dance workouts, toning, coordination and resistance work. (No exercises are performed sitting or lying on the floor).

Extend has roots in exercise, health, movement and dance.
This is a fun, stimulating class, encouraging a sense of well-being, personal satisfaction and achievement.

Website

Contact:
07310 719585
aimie@littlehummingbird.co

Cost:
£10 per session
£50 - 6 x classes

Website

Contact:
chloe@wild-earth-yoga.com

Cost:
£10 per session

Website

Contact:
07400 417849

Cost:
£15 per session
£65 - 5 x classes (within 12 months)
£120 - 10 x classes (within 12 months)

Contact:
01548 854511
07960 602895
susanjanekershaw@googlemail.com

Cost:
£8 Per Session



Fionas Fancy Feet
Contemporary and Street Dance

Classes with Lauren Pomfrett.

Lauren is a freelance dancer and practitioner based in the South-West.

4.45 - 5.30pm

Junior Contemporary, 7-12 years

5.30 - 6.15pm

Senior Contemporary, 12+ years

6.15 - 7pm - Inter Street Dance 1

7 - 45pm - Inter Street Dance 2

Fridays, Term Time Only

Franny Morris
Pilates

Franny is a Body Control Pilates teacher focusing on improving alignment and movement patterns through increased body awareness, acknowledging that no two bodies are the same.

She adopts a personalised approach, using equipment and modifications to help participants progress at their own pace. Her aim is for participants to take what they learn in the class into daily life.

Frannie Reed
Yoga

Frannie teaches a Yoga flow class for bone health, strengthening, energising and empowering the body through the menopause.

The class is for anyone struggling with any type of menopausal symptoms, starting each session with a women's circle creating a safe and confidential space for women's health.

Sarah Scott
Yoga

Sarah's classes focus on alignment, while enabling you to move freely with breath awareness from one pose to the next, offering variations to suit all abilities.

The aim of her classes are to: increase flexibility, build strength, boost energy and circulation, develop mental clarity and creativity, alleviate stress and tension, and create a positive affirmation for change.

Website	Facebook	Website – Booking Link	Facebook
Contact: 07800 883367 fionasfancyfeet@gmail.com	Contact: 07590 506027 pilateswithfranny@icloud.com	Contact: 07795 178011 limesdoggyoga@gmail.com	Contact: 07879 627939 sarah@absolutescott.com
Cost: £6 per session	Cost: £12 per session £10 with block booking	Cost: £10 Per Session	Cost: £11 Per Session £50 – 5 x consecutive classes



Catherine Seymour
Yoga

Catherine is a Yoga teacher, choreographer and dance teacher. Her lifelong work in dance deeply informs her teaching, helping her to work sensitively and creatively with students.

Through a varied mix of classical postures, pranayama (breathwork) relaxation and meditation, these classes, with a focus on individually healthy practice, aim to bring students greater physical and mental ease and a sense of wellbeing.

Bill Spraggs
Kung Fu

Bill has been teaching Kung Fu for 37 years.

Focusing on Praying Mantis – a Chinese Martial Art that places emphasis on close range fighting system, known for its short power methods and has both internal and external techniques.

Jules Turner
Yoga

Jules is a certified Yoga Teacher.

Her classes focus on Vinyasa Flow postures which are synchronised into a flow sequence, encouraging participants to practice fluid movement and linking postures together, transitioning from post to pose with the intention of using breath to creative moving mediation.

Francesca Stafford
Yoga

Francesca's classes are fun, and filled with laughter and exploration. Her teaching philosophy focuses on helping people find freedom, space, and joy in their own bodies, regardless of their experience level. Expect seamlessly flowing sequences that bring calmness to the mind.

[Website](#)

[Website](#)

Contact:
07733 264186
seymourdc@hotmail.com

Contact:
01548 857521

Contact:
07717 782563
jules@bluedogyoga.co.uk

Contact:
07875217373
francescastafford@ymail.com

Cost:
£10 - Taster Class
£12 – Per Session
£45 – 4 x classes
£60 – 6 x classes

Cost:
£5 per session

Cost:
£10 – Per Session

Cost:
£10 – per session
£45 for 5 sessions (within 12 months)
£80 for 10 sessions (within 12 months)



Korenza Cross
Counselling

Advanced Diploma in Counselling
Registered member of the BACP
Specialism in Bereavement
Counselling.

Karenza is a qualified and experienced counsellor working in South Devon. She can offer you a confidential space to allow your voice to be heard. She is an integrated therapist, which means she can work with her clients using various theories and techniques and tailor them to benefit their own individual needs.

Dave Davies
Counselling

Registered MBACP, Dip. Therapeutic
Counselling.

Dave is an experienced counsellor working with adults in Kingsbridge and South Hams.

His integrative training means that he is able to draw on different approaches to gently supporting his clients and assist them in meeting the challenges that life can present.

Jane Griffiths
Counselling

MBACP Dip. Therapeutic
Counselling.

Jane has an informal approach to counselling because she thinks it is important that the client feels relaxed enough to talk about what is troubling them at present. This may be a specific issue or a general feeling of unease or low mood. The sessions are centred around the client.

Although the sessions may feel informal, Jane works within ethical guidelines to ensure your wellbeing and safety. If you would like to know more about this aspect of her work please make contact.

Lucy Layland
Counselling

Postgraduate Diploma in
Counselling. MEd (Cantab) Child
and Adolescent Psychotherapeutic
Counselling.

Lucy welcomes adults and young people to her practice. She has expertise in working with children and adolescents. She specialises in working creatively, using visual, narrative and other artistic mediums to deepen her clients growth and recovery. Lucy offers a free initial consultation for advice and support.

[Website](#)

[Website](#)

Contact:
07753 885550
karenzacross@gmail.com

Contact:
07910 258517
davedaviescounselling@outlook.com

Contact:
07760 225717
jmgray3004@gmail.com

Contact:
lucyleylandcounselling@gmail.com

Cost : Please Contact Directly

Cost : Please Contact Directly

Cost : Please Contact Directly

Cost : Please Contact Directly



Mark Maunsell-Thomas
Counselling

Advanced Diploma in Integrative
Counselling and Psychotherapy.
Accredited member of the National
Counselling Society.

Combining Yoga and Psychotherapy
to address imbalances of mind and
body. Mark aims to provide a safe
space for his clients to feel
comfortable to share their
experiences.

He uses a mixture of counselling and
yoga, combined as needed. He is
currently working with young people
(aged 12+) and adults of all ages.

[Website](#)

Contact:
07507 791051
atmamantra@gmail.com

Cost : Please Contact Directly

Deborah Pleasants
Counselling

Registered member of the BACP.
Deborah is a qualified counsellor
based in Kingsbridge, South Devon.

She offers a relational space, in
which her clients can explore
whatever thoughts, feelings,
behaviours or circumstances they
may be facing.

She uses a holistic and flexible
approach, incorporating a variety of
effective therapeutic models that will
be specifically tailored towards the
individual needs of her clients.

[Website](#)

Contact:
07378 595800
deborahpleasants7@gmail.com

Cost : Please Contact Directly

Jo Ellis
Counselling

Jo is a Thrive Programme Coach in
Kingsbridge, Devon.
She has been teaching courses to
adults and children for 8 years to
overcome their symptoms and thrive
in their lives.

The Thrive Programme takes on
average 6-10 hours to complete on a
one to one basis, for 6-8 weeks. The
Thrive Programme is a training
course to improve your mental
health.

If you are interested in booking a
free initial consultation or to find out
more please contact Jo directly.

[Website](#)

Contact:
07582 444777
jo.ellis@thriveprogramme.org

Cost : Please Contact Directly

Liam Staple
Homeopathy

Homeopath - RsHom.
Liam is a registered homoeopath
with years of clinical experience, and
a passion for listening to others and
offering them the right catalyst for
their health. Homoeopathy involves
the use of potentised, or highly
diluted, energetic forms of
substances that elicit a deep and
long lasting healing response in the
body, mind and spirit.

A homoeopath aims to help get to
the root cause of the issue, which will
be a disturbance of the vital energy
at its core level.

[Website](#)

Contact:
07957 427349
liam@restorehomeopathy.com

Cost:
£50 - first 75 minutes consultation
£40 per hour thereafter

Ben Davies

Men's Growth Sessions

Join the collective of men dedicated to personal growth and support.

Going through life's challenges alone can be isolating and overwhelming. By coming together, we create a space where we can share our struggles, celebrate our victories and support each other on our journeys.

Challenge Yourself, Have Fun and Feel Connected

[Facebook](#)

Contact:

ben@coachben.me

