



## Movement and Wellbeing Practitioners at Harbour House

Please contact the teacher or session host directly to book sessions, check suitability, access and/or availability.

<p><b>Aimie Freeston</b> Yoga &amp; Pilates</p> <p>Aimie offers an alternating class of Yoga or Pilates for men and women.</p> <p>This class aims to enhance a healthy lifestyle and is open to anyone wanting to explore the practices of Pilates and Yoga.</p>	<p><b>Bill Spraggs</b> Kung Fu</p> <p>Bill has been teaching Kung Fu for 37 years.</p> <p>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.</p>	<p><b>Caroline Biddle</b> 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><b>Caroline Dale</b> Heart Rhythm Meditation and Alexander Technique</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><u>Website</u></p>	<p><u>Website</u></p>	<p><u>Website</u></p>	<p><u>Website</u></p>
<p>Contact: 07310 719585 <a href="mailto:aimie@littlehummingbird.co">aimie@littlehummingbird.co</a></p>	<p>Contact: 01548 857521</p>	<p>Contact: 07742 588883 <a href="mailto:cmcbiddle@aol.com">cmcbiddle@aol.com</a></p>	<p>Contact: 07850 979508 <a href="mailto:caroline@carolinedale.net">caroline@carolinedale.net</a></p>
<p>Cost: £10 per session £50 - 6 x classes</p> <p>Tuesday 6.30-7.30pm Wednesday 10-11am</p>	<p>Cost: £5 - per session</p> <p>Sunday 11-12pm</p>	<p>Cost: £10 per session £50 - 6 x classes (within 7 weeks)</p> <p>Mixed ability Hatha Yoga Flow Wednesday 10-11am</p>	<p>Cost: £60 per course Contact for 121 session prices</p> <p>By appointment or course</p>

<p>Catherine Seymour Yoga</p> <p>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.</p> <p>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.</p>	<p>Chloe Garland Yoga</p> <p>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.</p> <p>She integrates all of these practices to create a unique experience in her classes. Focussing on building strength and flexibility, and helping her students to relax and find grounding for body and mind.</p>	<p>Coco Morgan Toddler Yoga</p> <p><i>*Coming Soon! Friday 18 Oct 2024*</i></p> <p>Join Coco and her daughter Aura, for 1 hour of toddler yoga on Friday afternoons, 12-1pm in the spacious Quay Lane Studio.</p> <p>The classes have been designed to help toddlers gain: body awareness, movement and coordination, emotional regulation, language skills and to create relationships (parent and toddler).</p>	<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>
<u>Website</u>		<u>Website</u>	
<p>Contact: 07733 264186 <a href="mailto:seymourdc@hotmail.com">seymourdc@hotmail.com</a></p>	<p>Contact: <a href="mailto:chloe@wild-earth-yoga.com">chloe@wild-earth-yoga.com</a></p>	<p>Contact: <a href="mailto:coco@cocoholistic.com">coco@cocoholistic.com</a></p>	<p>Contact: 07904 661036 <a href="mailto:derek.bates19@btinternet.com">derek.bates19@btinternet.com</a></p>
<p>Cost: £10 - taster class £12 - per session £45 - 4 x classes £60 - 6 x classes</p> <p>Open Level Hatha Yoga Monday 10-11.15am Monday 11.30-12.45pm</p>	<p>Cost: £10 per session</p> <p>Dynamic &amp; Creative Flow Thursday 6-7pm</p>	<p>Cost: £10 per session</p>	<p>Cost: £7 per session</p> <p>Wednesday 7-9pm</p>

<p><b>Fiona's Fancy Feet</b> Contemporary and Street Dance</p> <p>Classes with Lauren Pomfrett.</p> <p>Lauren is a freelance dancer and practitioner based in the South-West.</p> <p>Junior Contemporary, 7-12 years Senior Contemporary, 12+ years Inter Street Dance 1, 7-10 years Inter Street Dance 2, 8-11 years</p>	<p><b>Franny Morris</b> Pilates</p> <p>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.</p> <p>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.</p>	<p><b>Frannie Reed</b> Yoga</p> <p>Frannie teaches a Yoga flow class for bone health, strengthening, energising and empowering the body through the menopause.</p> <p>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.</p>	<p><b>Francesca Stafford</b> Yoga</p> <p>Francesca's classes are fun, and filled with laughter and exploration.</p> <p>Her teaching philosophy focuses on helping people find freedom, space, and joy in their own bodies, regardless of their experience level.</p> <p>Expect seamlessly flowing sequences that bring calmness to the mind.</p>
<p><u><a href="#">Website</a></u></p>	<p><u><a href="#">Facebook</a></u></p>	<p><u><a href="#">Website – Booking Link</a></u></p>	
<p>Contact: 07800 883367 <a href="mailto:fionasfancyfeet@gmail.com">fionasfancyfeet@gmail.com</a></p>	<p>Contact: 07590 506027 <a href="mailto:pilateswithfranny@icloud.com">pilateswithfranny@icloud.com</a></p>	<p>Contact: 07795 178011 <a href="mailto:limesdogyoga@gmail.com">limesdogyoga@gmail.com</a></p>	<p>Contact: 07875217373 <a href="mailto:francescastafford@ymail.com">francescastafford@ymail.com</a></p>
<p>Cost: £6.25 per session; first two sessions are £3 each as trial lessons.</p> <p>Friday - Term Time Only Junior Contemporary 4.45-5.30pm Senior Contemporary 5.30-6.15pm Inter Street Dance 1 - 6.15-7pm Inter Street Dance 2 - 7-7.45pm</p> <p>Term Time Only</p>	<p>Cost: £12 per session £10 with block booking</p> <p>Wednesday 12.30-1.30pm Wednesday 6-7pm &amp; 7.10-8.10pm Thursday 9.30-10.30am &amp; 10.40-11.40am (bone health)</p>	<p>Cost: £10 per session</p> <p>Second Spring, Menopause Yoga Wednesday 10-11am</p>	<p>Cost: £10 - per session £45 - 5 x classes (within 12 months) £80 - 10 x classes (within 12 months)</p> <p>Slow Flow Monday 7.30-8.30am Dynamic Vinyasa Thursday 7.30-8.30am Yin Yoga Thursday 7.30-8.30pm</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>Friday Night Yoga is a teacher shared class with either Ina or Sophie hosting the session on alternating weeks.</p>	<p>Jo Ellis Pilates</p> <p>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.</p> <p>Jo offers 2 beginners' classes: One is open to all, the other is open to U3A members only.</p>	<p>Jules Turner Yoga</p> <p>Jules is a certified Yoga Teacher.</p> <p>Her classes focus on Vinyasa Flow postures which are synchronised into a flow sequence, encouraging participants to practise fluid movement and linking postures together, transitioning from post to pose with the intention of using breath to creative moving mediation.</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><u>Website</u></p>	<p><u>Website</u></p>	<p><u>Website</u></p>	<p><u>Website</u></p>
<p>Contact: 07875 283682 (Sophie for bookings) <a href="mailto:darlingyogadevon@gmail.com">darlingyogadevon@gmail.com</a> <a href="mailto:Ina@yogaandphysio.com">Ina@yogaandphysio.com</a></p>	<p>Contact: 07582 444777 <a href="mailto:jo@balanceyourwellbeing.co.uk">jo@balanceyourwellbeing.co.uk</a></p>	<p>Contact: 07717 782563 <a href="mailto:jules@bluedogyoga.co.uk">jules@bluedogyoga.co.uk</a></p>	<p>Contact: 077483 37449 <a href="mailto:justinebesch@gmail.com">justinebesch@gmail.com</a></p>
<p>Cost: £12 per session Block booking available</p> <p>Mixed ability Hatha Inspired Yoga Friday 6-7pm</p>	<p>Cost: £4 per session (members) £7 per session (new participants)</p> <p>Beginners Pilates Tuesday 11-11.45am members class &amp; 12-12.45pm open to all</p> <p>Term Time Only</p>	<p>Cost: £12 - per session £10 via Zoom £110 - 10 x classes</p> <p>Vinyasa Flow Tuesday 9.30-10.30am Friday 9.30-10.30am</p>	<p>Cost: £12 per session £57 - 6 x classes £66.50 - 7 x classes</p> <p>Monday 9.15-10.15am Friday 9.30-10.30am</p> <p>Term Time Only</p>

<p>Kate Feest Yoga</p> <p>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.</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 dynamics and the teachings of Vanda Scarvelli.</p> <p>Suitable for all abilities.</p>	<p>Lucie Minne Yoga</p> <p>Lucie draws on her training and experience in yoga and dance, creating sessions that build strength and flexibility in a graceful way. She blends posture work and relaxation in a harmonious way, held together by the focus on breath and mindfulness, opening up to the innate joy and peace at the source of our being.</p> <p>Lucie has practised yoga for 30 years and qualified as a yoga teacher in India in 1996. Her teaching is influenced by different strands of Hatha yoga which she weaves together to suit the participants in each class.</p>	<p>Martina Edmonds Yoga</p> <p>Martina's Yoga sessions alternate weekly between Yin and Yang practices.</p> <p>Yin Yoga delivers through postures (Asanas) to nourish the body and mind. Yang Yoga follows flow sequences and Hatha Yoga Teachings.</p>
<p><u>Website</u></p>	<p><u>Website</u></p>	<p><u>Website</u></p>	
<p>Contact: 078152 208794 <a href="mailto:kate@thestartofnow.com">kate@thestartofnow.com</a></p>	<p>Contact: 07989 632371 <a href="mailto:kathycourage@gmail.com">kathycourage@gmail.com</a></p>	<p>Contact: 07583 942473 <a href="mailto:lucie.yoga@rocketmail.com">lucie.yoga@rocketmail.com</a></p>	<p>Contact: 01548 853216 07947 991043 <a href="mailto:Martina.edmonds@btinternet.com">Martina.edmonds@btinternet.com</a></p>
<p>Cost: £10 per session</p> <p>Ashtanga Vinyasa Wednesday 7-8am</p> <p>*Please note Kate is away at present, returning to teach in January 2025.</p>	<p>Cost: £12 per session £60 - 6 x classes</p> <p>Well-Woman Yoga Tuesday 9.30-10.30am</p>	<p>Cost: £10 per session £54 - 6 x classes</p> <p>Hatha Fusion Thursday 10-11.30am</p>	<p>Cost: £13 per session £56 - 7 x classes</p> <p>Yin/Yang Yoga &amp; Mindfulness Thursday 5.30-7pm</p>

<p>Sarah Scott Yoga</p> <p>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.</p> <p>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.</p>	<p>Sophie Darling Yoga</p> <p>Sophie is a certified Hatha &amp; Yin Yoga teacher.</p> <p>Her classes draw upon a myriad of movement modalities and the many wide and enriching yoga styles and disciplines she has studied and practised in her lifespan thus far!</p> <p>Positivity is at the heart of everything she does and shares.</p>	<p>Stephen Harding Yoga</p> <p>Stephen is an accredited Senior Yoga Teacher.</p> <p>His classes are fun and ideal for beginners, with teaching being tailored to individual needs.</p> <p>There is a focus on set postures, synchronising breath, movement and muscle control to develop strength and stamina.</p>	<p>Sue Kershaw Extend Keep Fit</p> <p>Exercise classes to music for the over sixties.</p> <p>Sessions are a mixture of aerobic routines, dance workouts, toning, coordination and resistance work. (No exercises are performed sitting or lying on the floor).</p> <p>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.</p>
<p><u>Facebook</u></p>	<p><u>Instagram</u></p>	<p><u>Website</u></p>	
<p>Contact: 07879 627939 <a href="mailto:sarah@absolutescott.com">sarah@absolutescott.com</a></p>	<p>Contact: 07875 283682 <a href="mailto:darlingyogadevon@gmail.com">darlingyogadevon@gmail.com</a></p>	<p>Contact: 07400 417849</p>	<p>Contact: 01548 854511 07960 602895 <a href="mailto:susanjanekershaw@googlemail.com">susanjanekershaw@googlemail.com</a></p>
<p>Cost: £11 per session £50 - 5 x consecutive classes</p> <p>Mother &amp; Baby Yoga Monday 11.15-12.15pm (pre-booking required)</p> <p>Flow &amp; Restore - Monday 7-8pm</p> <p>Pregnancy Yoga - Tuesday 6-6.45pm Dynamic Hatha - Tuesday 7-8pm</p>	<p>Cost: £10 per session</p> <p>Seasonal Flow Yoga - women's class Monday 6-7pm</p> <p>Sequenced Strength &amp; Flow - mixed Tuesday 7.30-8.30am</p> <p>Friday Night Yoga 6-7pm (see 'Ina' for info &amp; prices)</p> <p>Revitalising &amp; Uplifting Flow - mixed Saturday 8-9am</p>	<p>Cost: £15 per session £65 - 5 x classes (within 12 months) £120 - 10 x classes (within 12 months)</p> <p>Ashtanga Yoga Friday 9.30-11.30am</p>	<p>Cost: £8 per session</p> <p>Extend Keep Fit Tuesday 2-2.50pm &amp; 3-4pm</p> <p>Term Time Only</p>

<p><b>Ben Davies</b> Men's Growth Sessions</p> <p>Accredited Professional Coach</p> <p>Join the collective of men dedicated to personal growth and support.</p> <p>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.</p> <p>Challenge Yourself, Have Fun and Feel Connected.</p>	<p><b>Dave Davies</b> Counselling</p> <p>Registered MBACP, Dip. Therapeutic Counselling.</p> <p>Dave is an experienced counsellor working with adults in Kingsbridge and South Hams.</p> <p>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.</p>	<p><b>Deborah Pleasants</b> Counselling</p> <p>Registered member of the MBACP.</p> <p>Deborah is a qualified counsellor based in Kingsbridge, South Devon.</p> <p>She offers a relational space, in which her clients can explore whatever thoughts, feelings, behaviours or circumstances they may be facing.</p> <p>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.</p>	<p><b>Jo Ellis</b> Thrive Programme Coach</p> <p>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.</p> <p>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.</p> <p>If you are interested in booking a free initial consultation or to find out more please contact Jo directly.</p>
<p><u><a href="#">Website</a></u></p>	<p><u><a href="#">Website</a></u></p>	<p><u><a href="#">Website</a></u></p>	<p><u><a href="#">Website</a></u></p>
<p>Contact: <u><a href="mailto:ben@coachben.me">ben@coachben.me</a></u></p>	<p>Contact: 07910 258517 <u><a href="mailto:davedaviescounselling@outlook.com">davedaviescounselling@outlook.com</a></u></p>	<p>Contact: 07378 595800 <u><a href="mailto:deborahpleasants7@gmail.com">deborahpleasants7@gmail.com</a></u></p>	<p>Contact: 07582 444777 <u><a href="mailto:jo.ellis@thriveprogramme.org">jo.ellis@thriveprogramme.org</a></u></p>
<p>Please Contact Directly</p>	<p>Please Contact Directly</p>	<p>Please Contact Directly</p>	<p>Please Contact Directly</p>

<p><b>Karenza Cross</b> Counselling</p> <p>Counsellor and Psychotherapist.</p> <p>Advanced Diploma in Counselling. BACP Accredited Member. Specialism in Bereavement Counselling.</p> <p>Works with children and young people (14+ years).</p> <p>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.</p>	<p><b>Liam Staple</b> Homeopathy</p> <p>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.</p> <p>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.</p>	<p><b>Lucy Layland</b> Counselling</p> <p>Postgraduate Diploma in Counselling. MEd (Cantab).</p> <p>Child and Adolescent Psychotherapeutic Counselling.</p> <p>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.</p>	<p><b>Mark Maunsell-Thomas</b> Counselling</p> <p>Advanced Diploma in Integrative Counselling and Psychotherapy. Accredited member of the National Counselling Society.</p> <p>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.</p> <p>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.</p>
<p><u>Website</u></p>	<p><u>Website</u></p>	<p><u>Website</u></p>	<p><u>Website</u></p>
<p>Contact: 07753 885550 <a href="mailto:karenzacross@gmail.com">karenzacross@gmail.com</a></p>	<p>Contact: 07957 427349 <a href="mailto:liam@restorehomeopathy.com">liam@restorehomeopathy.com</a></p>	<p>Contact: <a href="mailto:lucyleylandcounselling@gmail.com">lucyleylandcounselling@gmail.com</a></p>	<p>Contact: 07507 791051 <a href="mailto:atmamantra@gmail.com">atmamantra@gmail.com</a></p>
<p>Please Contact Directly</p>	<p>Cost: Please Contact Directly £50 - first 75 minutes consultation £40 per hour thereafter</p>	<p>Please Contact Directly</p>	<p>Please Contact Directly</p>

