



## Movement and Wellbeing Practitioners at Harbour House

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

<b>Aimie Freeston</b> Yoga & Pilates	<b>Bill Spraggs</b> Kung Fu	<b>Caroline Biddle</b> Yoga	<b>Caroline Dale</b> Alexander Technique
Aimie offers an alternating class of Yoga or Pilates for men and women.  This class aims to enhance a healthy lifestyle and is open to anyone wanting to explore the practices of Pilates and Yoga.	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.	Caroline has been teaching yoga for 20 years.  Classes are led by attention to breath, elements of stillness and flowing sequences; weaving mindfulness techniques and poetry into the practice.	Caroline is an experienced Alexander Technique teacher with 23 years' experience. She helps people relieve long-standing back and neck pain, improve posture and lower stress levels.  Using a holistic approach involving both mind and body, Caroline shows people how to change habits that have often developed unnoticed over many years, and are now causing pain, tension or an unnatural postural profile.  She also teaches Heart Rhythm meditation.
<u>Website</u>	<u>Website</u>	<u>Website</u>	<u>Website</u>
Contact: 07310 719585 <a href="mailto:aimie@littlehummingbird.co">aimie@littlehummingbird.co</a>	Contact: 01548 857521	Contact: 07742 588883 <a href="mailto:cmcbiddle@aol.com">cmcbiddle@aol.com</a>	Contact: 07850 979508 <a href="mailto:caroline@alexandertechniquedevon.com">caroline@alexandertechniquedevon.com</a> <a href="http://www.alexandertechniquedevon.com">www.alexandertechniquedevon.com</a>
Cost: £10 per session £50 - 6 x classes  Tuesday 6.30-7.30pm	Cost: £5 - per session  Sunday 11-12pm *no classes until July 2025	Cost: £10 per session £50 - 6 x classes (within 7 weeks)  Mixed ability Hatha Yoga Flow Wednesday 10-11am	Cost: Contact for 121 session prices £60 per course  By appointment or by course

<b>Catherine Seymour</b> Yoga <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>	<b>Chloe Garland</b> Yoga <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>	<b>Derek Bates</b> Tai Chi <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>
Contact: 07733 264186 <a href="mailto:seymourdc@hotmail.com">seymourdc@hotmail.com</a>	Contact: <a href="mailto:chloe@wild-earth-yoga.com">chloe@wild-earth-yoga.com</a>	Contact: 07904 661036 <a href="mailto:derek.bates19@btinternet.com">derek.bates19@btinternet.com</a>
Cost: £10 - taster class £12 - per session £45 - 4 x classes £60 - 6 x classes  Open Level Hatha Yoga Monday 10-11.15am Monday 11.30-12.45pm	Cost: £11 per session  Dynamic & Creative Flow Thursday 6-7pm	Cost: £7 per session  Wednesday 7-9pm

<b>Fiona's Fancy Feet</b> Contemporary and Street Dance  Classes with Lauren Pomfrett.  Lauren is a freelance dancer and practitioner based in the South-West.  Junior Contemporary, 7-12 years Senior Contemporary, 12+ years Inter Street Dance 1, 7-10 years Inter Street Dance 2, 8-11 years	<b>Franny Morris</b> 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.	<b>Frannie Reed</b> 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.	<b>Francesca Stafford</b> 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.
<u>Website</u>	<u>Website</u>	<u>Website – Booking Link</u>	
Contact: 07800 883367 <a href="mailto:fionasfancyfeet@gmail.com">fionasfancyfeet@gmail.com</a>	Contact: 07590 506027 <a href="mailto:pilateswithfranny@icloud.com">pilateswithfranny@icloud.com</a>	Contact: 07795 178011 <a href="mailto:limesdoggyoga@gmail.com">limesdoggyoga@gmail.com</a>	Contact: 07875217373 <a href="mailto:francescastafford@ymail.com">francescastafford@ymail.com</a>
Cost: £6.25 per session; first two sessions are £3 each as trial lessons.  Friday 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  Term Time Only	Cost: £14 per session* £10 with block booking*  Wednesday 10-11am Wednesday 12.30-1.30pm = weights Wednesday 6-7pm & 7.10-8.10pm Thursday 9.30-10.30am Thursday 10.40-11.40am = bone health  *strictly by appointment only - please contact Franny directly to book*	Cost: £12 per session  Second Spring, Menopause Yoga Wednesday 10-11am	Cost: £10 - per session £45 - 5 x classes (within 12 months) £80 - 10 x classes (within 12 months)  Slow Flow Monday 7.30-8.30am  Vinyasa Flow Wednesdays 7-8am  Vinyasa Flow Thursday 7.30-8.30am  Yin Yoga Thursday 7.30-8.30pm

<b>Ina Dittfurth</b> Yoga  Ina is a certified Holistic Yoga Teacher and a NHS Musculoskeletal Physiotherapist.  Her classes offer the fundamentals of Yogic breathing (Pranayama), Yoga poses (Asanas), including warming up exercises, relaxation, and meditation.  Friday Night Yoga is a teacher shared class with either Ina or Sophie hosting the session on alternating weeks.	<b>Jane Niblett</b> Yoga Sculpt  Jane is a qualified Yoga and Pilates teacher and a qualified Personal Trainer.  Jane draws on her Yoga and strength training experience to offer a class which combines the two! Using body weight only, strength exercises will be mixed into traditional yoga flows and asanas. Designed to sculpt the body and clear the mind, 'we will strengthen and lengthen our muscles whilst improving our balance and mobility along the way'.  Suitable for all levels.	<b>Jo Ellis</b> 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: One is open to all, the other is open to U3A members only.	<b>Jules Turner</b> Yoga  Jules is a certified Yoga Teacher.  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.
<u>Website</u>  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>	<u>Website</u>  Contact: 07376728599 <a href="mailto:jeniblett@hotmail.com">jeniblett@hotmail.com</a>	<u>Website</u>  Contact: 07582 444777 <a href="mailto:jo@balanceyourwellbeing.co.uk">jo@balanceyourwellbeing.co.uk</a>	<u>Website</u>  Contact: 07717 782563 <a href="mailto:jules@bluedogyoga.co.uk">jules@bluedogyoga.co.uk</a>
Cost: £11 per session Block booking available  Mixed ability Hatha Inspired Yoga Friday 6-7pm	Cost: £10 per session  Thursday 9.30-10.30am	Cost: £4 per session (members) £7 per session (new participants)  Beginners Pilates Tuesday 11-11.45am members class & 12-12.45pm open to all  Term Time Only	Cost: £12 - per session £10 via Zoom £110 - 10 x classes  Vinyasa Flow Tuesday 9.30-10.30am Friday 9.30-10.30am

<b>Justine Besch</b> Pilates <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>	<b>Kathy Courage</b> Yoga <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>	<b>Lauren Pomfret</b> Dance <p>Lauren is a freelance dancer and practitioner based in the South West, with a BA (Hons) Dance Theatre degree at Plymouth University.</p> <p>Lauren's Monday evening class is aimed at adults/over 18, no experience necessary, everyone can join in the fun!</p> <p>Her Adult Dance Fusion Class is a dynamic mix of contemporary, musical theatre, lyrical and jazz.</p> <p>Organised through Fiona's Fancy Feet, please contact in advance of joining, where you can have 2 trial sessions before signing up.</p> <p>Suitable for all abilities.</p>	<b>Lucie Minne</b> Yoga <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>
<u>Website</u>	<u>Website</u>	<u>Website</u>	<u>Website</u>
Contact: 077483 37449 <a href="mailto:justinebesch@gmail.com">justinebesch@gmail.com</a>	Contact: 07989 632371 <a href="mailto:kathycourage@gmail.com">kathycourage@gmail.com</a>	Contact: Call or Whatsapp: 07800 883367 <a href="mailto:fionasfancyfeet@gmail.com">fionasfancyfeet@gmail.com</a>	Contact: 07583 942473 <a href="mailto:lucie.yoga@rocketmail.com">lucie.yoga@rocketmail.com</a>
Cost: £12 per session £57 - 6 x classes £66.50 - 7 x classes  Monday 9.15-10.15am Friday 9.30-10.30am  Term Time Only	Cost: £12 per session £60 - 6 x classes  Well-Woman Yoga Tuesday 9.30-10.30am	Cost: 2 trial sessions Block bookings thereafter  Adult Dance Fusion Monday 7-7.45pm	Cost: £10 per session £54 - 6 x classes  Hatha Fusion Thursday 10-11.30am

<b>Martina Edmonds</b> 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.	<b>Sarah Scott</b> 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.	<b>Sophie Darling</b> Yoga  Sophie is a certified Hatha & Yin Yoga teacher.  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 so far!  Positivity, curiosity and exploration is at the heart of her practice and what she shares through her teaching. Continually learning and seeking out new, novel and creative ways to move, is one of her biggest inspirations and motivations.	<b>Stephen Harding</b> 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.
	<u><a href="#">Facebook</a></u>	<u><a href="#">Instagram</a></u>	<u><a href="#">Website</a></u>
Contact: 01548 853216 or 07947 991043 <u><a href="mailto:Martina.edmonds@btinternet.com">Martina.edmonds@btinternet.com</a></u>	Contact: 07879 627939 <u><a href="mailto:sarah@absolutescott.com">sarah@absolutescott.com</a></u>	Contact: 07875 283682 <u><a href="mailto:darlingyogadevon@gmail.com">darlingyogadevon@gmail.com</a></u>	Contact: 07400 417849
Cost: £13 per session £56 - 7 x classes  Yin/Yang Yoga & Mindfulness Thursday 5.30-6.30pm	Cost: £11 per session £50 - 5 x consecutive classes  Mother & Baby Yoga Monday 11.15-12.15pm (pre-booking required)  Flow & Restore - Monday 7-8pm Pregnancy Yoga - Tuesday 6-6.45pm Dynamic Hatha - Tuesday 7-8pm	Cost: £10 per session  Seasonal Flow Yoga - women's class Monday 6-7pm  Sequenced Strength & Flow - mixed Tuesday 7.30-8.30am  Friday Night Yoga 6-7pm - mixed (see 'Ina' for info & prices)  Revitalising & Uplifting Flow - mixed Saturday 8-9am	Cost: £15 per session £65 - 5 x classes (within 12 months) £120 - 10 x classes (within 12 months)  Ashtanga Yoga Friday 9.30-11.30am

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**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.

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**Susie Williams**

Budokon Yoga

Susie has been an Ashtanga practitioner since 2002, she discovered Budokon Yoga in 2018 in Cape Town, her home city, and knew in her bones that she was going to teach this dynamic, graceful form of yoga one day.

From the Budokon Mixed Movement Arts comes Budokon Yoga, for muscular strength, cardiovascular stamina and joint mobility. Slow and controlled movements are learned through repetition and precision, with an emphasis on the TRANSITIONS from posture to posture, rather than the holding of postures.

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[Website](#)

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**Contact:**

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**Contact:**

07368 325438

[susiehmwilliams@gmail.com](mailto:susiehmwilliams@gmail.com)

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**Cost:**

£10 per session

Extend Keep Fit

Tuesday 2-2.50pm &amp; 3-4pm

Term Time Only

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**Cost:**

£12 drop-in per session

£10 block booking

Budokon

Monday 10.45 - 11.45am



## Counselling, Coaching, 121 sessions at Harbour House

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

<b>Ben Davies</b> Men's Growth Sessions  Accredited Professional Coach  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.	<b>Caroline Dale</b> Heart Rhythm Meditation and Alexander Technique  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.  Heart Rhythm Meditation is a profound yet easily learned, practical meditation applicable to all the areas of your daily life.	<b>Dave Davies</b> 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.	<b>Deborah Pleasants</b> Counselling  Registered member of the MBACP.  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.
<u>Website</u>	<u>Website</u>	<u>Website</u>	<u>Website</u>
Contact: <a href="mailto:ben@coachben.me">ben@coachben.me</a>	Contact: 07850 979508 <a href="mailto:caroline@carolinedale.net">caroline@carolinedale.net</a>	Contact: 07910 258517 <a href="mailto:davedaviescounselling@outlook.com">davedaviescounselling@outlook.com</a>	Contact: 07378 595800 <a href="mailto:deborahpleasants7@gmail.com">deborahpleasants7@gmail.com</a>
Please Contact Directly	Please Contact Directly  By appointment or course £60 per course Contact for 121 session prices	Please Contact Directly	Please Contact Directly



<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><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>
<u>Website</u>	<u>Website</u>	<u>Website</u>	
<p>Contact: 07582 444777 <a href="mailto:jo.ellis@thriveprogramme.org">jo.ellis@thriveprogramme.org</a></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>
Please Contact Directly	Please Contact Directly	Please Contact Directly £50 - first 75 minutes consultation £40 per hour thereafter	Please Contact Directly

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**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.

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Website

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Please Contact Directly

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