



Movement and Wellbeing Practitioners at Harbour House

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

Aimie Freeston Mat Pilates	Bill Spraggs Kung Fu	Caroline Biddle Yoga	Caroline Dale Alexander Technique
Aimie teaches mat based and reformer Pilates in the South Hams, Devon. She encourages you to align both your body and spirit through mindful movement on your mat, to help tone, strengthen and enhance your wellbeing. Her classes aim to enhance a healthy lifestyle and are open to anyone wanting to explore the practices of Pilates.	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. Caroline also teaches Heart Rhythm meditation.
<u>Website</u>	<u>Website</u>	<u>Website</u>	<u>Website</u>
Contact: 07310 719585 aimie@littlehummingbird.co	Contact: 01548 857521	Contact: 07742 588883 cmcbiddle@aol.com	Contact: 07850 979508 caroline@alexandertechniquedevon.com www.alexandertechniquedevon.com
Cost: £10 per session £50 - 6 x classes Tuesday 6.30-7.30pm	Cost: £5 - per session Sunday 11-12pm *no classes until end Sept 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

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. Classes focus on an individually healthy practice, aiming to bring students greater physical and mental ease and wellbeing.	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. Her classes focus on building strength and flexibility, and helping her students to relax and find grounding for the body and mind.	Faye Robertson Dance Teacher Faye is the principal and founder of Affinity Dance School, based in Devon. She is thrilled to share her joy and passion for dance with children and adults across the South West. She provides opportunities and training for all ages and abilities. Faye has undertaken training at the prestigious Pineapple Dance Studios in London and is qualified with the IDTA (International Dance Teachers Association).	Fiona's Fancy Feet Contemporary and Street Dance Classes with Lauren Pomfrett. Lauren is a freelance dancer and practitioner based in the South-West. She has a BA (Hons) Dance Theatre degree from Plymouth University. During her studies she trained with Adam Benjamin looking at inclusive practices, Heather Richmond, Charlotte Eatock and co-founded a Dance Company <i>With Company</i> whom performed around Devon and Cornwall in 2015/16.
	<u>Website</u>	<u>Website</u>	<u>Website</u>
Contact: 07733 264186 seymourdc@hotmail.com	Contact: chloe@wild-earth-yoga.com	Contact: 07414 484800 faye@affinitydancesouthhams.co.uk	Contact: 07800 883367 fionasfancyfeet@gmail.com
Cost: £10 - taster class £12 - per session £45 - 4 x classes £60 - 6 x classes Open Level Hatha Yoga Monday 10-11.10am Monday 11.20-12.30pm	Cost: £11 per session Dynamic & Creative Flow Thursday 6-7pm	Cost: By term - contact Faye Wednesday Mini's Acro & Modern Dance 4 - 4.30pm (ages 4-6 years) Acro & Freestyle Dance 4.30 - 5.30pm (ages 6-10 years) Acro & Freestyle Dance 5.30 - 6.30pm (ages 8+) Fierce Flexibility 6.30 - 6.50pm (ages 7+) Acro & Lyrical Dance 6.50 - 7.50pm (ages 9-17 years) Term Time Only Suitable for all abilities Prior booking essential	Cost: £6.25 per session; first two sessions are £3 each as trial lessons. Friday Junior Contemporary 4.45-5.30pm (ages 7-12 years) Senior Contemporary 5.30-6.15pm (ages 12+) Inter Street Dance 1 6.15-7pm (ages 7-10 yrs) Inter Street Dance 2 7-7.45pm (ages 8-11 yrs) Term Time Only Suitable for all abilities Prior booking essential

Franny Morris Mat 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.	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.	Ina Dittfurth 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.
<u>Website</u>	<u>Website – Booking Link</u>		<u>Website</u>
Contact: 07590 506027 pilateswithfranny@icloud.com	Contact: 07795 178011 limesdogyoga@gmail.com	Contact: 07875217373 francescastafford@ymail.com	Contact: 07875 283682 (Sophie for bookings) darlingyogadevon@gmail.com Ina@yogaandphysio.com
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	Cost: £12 per session Reduced block bookings available subject to T&C - please ask Mixed ability Hatha Inspired Yoga Friday 6-7pm

Jo Ellis Mat 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.	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 practise fluid movement and linking postures together, transitioning from pose to pose with the intention of using breath to create a moving mediation. Music accompanies the class to further inform the meditative movement flow like state. Suitable for all abilities.	Justine Besch Mat Pilates Justine has trained in Stott Pilates, offering classes that are varied to challenge the body and mind through guidance. Classes explore the principles of Stott Pilates; breath, shoulder movement and stabilisation; head and cervical placement, pelvic placement and rib cage placement. Suitable for all abilities.	Kathy Courage Yoga Kathy's teaching focuses on the individual needs and abilities of each student, reflecting many styles of Yoga. Specifically focussing on Hatha Yoga tradition, shaped by Vinyasa dynamics and the teachings of Vanda Scarvelli. Suitable for all abilities.
<u>Website</u>	<u>Website</u>	<u>Website</u>	<u>Website</u>
Contact: 07582 444777 jo@balanceyourwellbeing.co.uk	Contact: 07717 782563 jules@bluedogyoga.co.uk	Contact: 077483 37449 justinebesch@gmail.com	Contact: 07989 632371 kathycourage@gmail.com
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	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

Laura Mitchell Yoga Laura has trained in traditional Kriya and Tantra yoga traditions, as well as Vinyasa style and Pre and Postnatal yoga. Her aim in her classes, events and circles is always to create a safe space for her students - to explore this deeper journey. Through breath control, movement, meditation, mudra and mantra she guides her students to build resilience in the body, clarity in the mind, and connection to the quiet wisdom within. Wherever you are on your path you are welcome to join. Open Level	Lauren Pomfret Dance Lauren is a freelance dancer and practitioner based in the South West, with a BA (Hons) Dance Theatre degree at Plymouth University. Lauren's Monday evening class is aimed at adults/over 18, no experience necessary, everyone can join in the fun! Her Adult Dance Fusion Class is a dynamic mix of contemporary, musical theatre, lyrical and jazz. Organised through Fiona's Fancy Feet, please contact in advance of joining, where you can have 2 trial sessions before signing up. Suitable for all abilities.	Lucie Minne Yoga 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. 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 participants.	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.
<u>Website</u>	<u>Website</u>	<u>Website</u>	
Contact: 07725 804162 Laura@tigermamayoga.com	Contact: Call or Whatsapp: 07800 883367 fionasfancyfeet@gmail.com	Contact: 07583 942473 lucie.yoga@rocketmail.com	Contact: 01548 853216 or 07947 991043 Martina.edmonds@btinternet.com
Cost: £12 per session £50 for 5 class pass	Cost: 2 trial sessions Block bookings thereafter	Cost: £11 per session £60 - 6 x classes	Cost: £13 per session £56 - 7 x classes
Slow + Strong Vinyasa Yoga Thursday 9.30-10.30am	Adult Dance Fusion Monday 7-7.45pm	Hatha Fusion Thursday 10-11.30am	Yin/Yang Yoga & Mindfulness Thursday 5.30-6.30pm

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.	Sophie Carr Yoga Sophie is a Personal Trainer, Fitness Instructor, Hula Hooper and Yoga Teacher. She's been working in the fitness industry since 2008 and teaching yoga since 2018. Her yoga class is suitable for all levels and is designed to both stretch and strengthen. Using accessible postures, to build deep, functional strength while incorporating calming stretches, balancing poses, and stabilizing movements. It's a grounding practice to help reduce stress, enhance body awareness, and leave you feeling refreshed and connected.	Sophie Darling Yoga Sophie is a certified Hatha & Yin Yoga teacher. Her dance background informs much of what she shares and teaches. 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.	Stephen Harding Ashtanga Yoga Stephen is an accredited Senior Yoga Teacher with Yoga Alliance Professionals. His classes are relaxed and everyone is welcome, beginners and those who would like to learn more about yogic practices. The classes are of mixed ability and individually adapted to each person's experience and ability. Every participant is encouraged to practice at their own level of experience and fitness, progressing steadily with increased fitness and knowledge of exercises.
<u>Facebook</u>	<u>Website</u>	<u>Instagram</u>	<u>Website</u>
Contact: 07879 627939 <u>sarah@absolutescott.com</u>	Contact: 07980 555465 <u>sophiecarr@yahoo.co.uk</u>	Contact: 07875 283682 <u>darlingyogadevon@gmail.com</u>	Contact: 07400 417849
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 Fitness Freestyle Yoga Monday 10.45-11.45am	Cost: £12 per session Reduced block bookings available subject to T&C - please ask 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

Sue Kershaw

Move with Sue

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).

This is a fun, stimulating class, encouraging a sense of well-being, personal satisfaction and achievement.

Contact:

01548 854511 or 07960 602895

susanjanekershaw@googlemail.com

Cost:

£10 per session

Extend Keep Fit

Tuesday 2-2.50pm & 3-4pm

Term Time Only



Counselling, Coaching, 121 sessions at Harbour House

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

Caroline Dale 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.	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.	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.	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.
<u>Website</u>	<u>Website</u>	<u>Website</u>	
Contact: 07850 979508 caroline@carolinedale.net	Contact: 07910 258517 davedaviescounselling@outlook.com	Contact: 07957 427349 liam@restorehomeopathy.com	Contact: lucyleylandcounselling@gmail.com
Please Contact Directly By appointment or course £60 per course Contact for 121 session prices	Please Contact Directly	Please Contact Directly £50 - first 75 minutes consultation £40 per hour thereafter	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

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Please Contact Directly
