



Rest: Integrative Yin Yoga & Somatic Grounding

Who

Facilitator: Lari Hutton – Integrative Ayurvedic, Somatic, Nervous System and Women's Health Coach. Her work weaves trauma-informed practices, somatic awareness, and seasonal rhythms to support deep rest and embodied healing.

What

Group Workshop— 1.5 Hours - **Saturday 11th October 8:00 am – 9:30 am**

A deeply attuned Integrative Yin Yoga session designed to soothe the nervous system and restore embodied presence. Together, we will explore the sacred art of rest.

- All genders and abilities welcome
- £17.50 per person
- Limited spaces (first-come basis).
- Payment to be made direct to facilitator

Book to reserve your space by phoning 017684 86285 or emailing: soulandsstudio@gmail.com, We will send booking confirmation and payment details by return.

What to Expect

- Breathwork and gentle somatic movement
- Nervous system regulation tools
- Yin Postures (long, supported stretches)
- Embodied practices to support grounding and presence

You will be held by the Earth on 100% natural wool yoga mats, offering warmth, safety, and energetic harmony. Practicing on wool supports parasympathetic healing and reconnects you with the grounding rhythm of nature.

Benefits

- Release tension and calm the nervous system
- Restore embodied presence and inner stillness
- Learn tools for emotional regulation and rest
- Experience the grounding support of wool yoga mats
- Reconnect with your natural rhythms and cycles

Why It Matters

In a culture of constant movement, this session is an invitation to pause, soften and return home to your body. Rest becomes a sacred practice of healing — a way to restore balance, presence and deep nourishment.

Begin your day rooted, regulated and restored.



Sound Healing and Slow Flow Yoga

Who

Facilitator: Bonnie Beth – Sound Healer and Yoga wellbeing practitioner. Psychotherapist and Occupational Therapist HCPC

With over two decades of practicing yoga and holistic health for myself and supporting others as a physical and mental health clinician, I bring an integrative approach to wellbeing. My style of yoga is based on the premise that by linking breath to movement, a process of inner connection and discovery is forged.

As a crystal bowl sound healer I use sound frequency to guide clients into states of deep rest, energetic realignment and healing. My sessions are underpinned by a confident understanding of both nervous system regulation and quiet spiritual work.

What

Group Workshop– 1.15 hours - Friday 10th October 06.00 pm to 07.15 pm

- All genders and abilities welcome
- £16.00 per person
- Limited spaces (first-come basis).

To book a space, please follow the [Booking link](#)

What to Expect

We begin with gentle movement, stretching and mindful breath before settling into a 'sound rest'. Supported by a natural wool mat, cushion and blanket, you will relax as the crystal bowls send healing frequencies through your body. These unique bowls offer more than just sound. During your 'sound rest' healing frequencies from these crystal bowls slow down the mind, calm the nervous system and invite deep rest.

Take time to pause, soften and come back to yourself. This is not just relaxation, it is nervous system repair. Sound travels through the body at a cellular level with vibrations creating gentle pressure waves that affect fluid movement, tissue & slows brain activity, allowing cells to focus on repair. The bowls shift your inner frequency. Leave feeling relaxed with a sense of lightness, peace & clarity that is the signature of crystal bowl sound healing.

Benefits

- Crystal bowls match the vibration of The Earth which is balance & harmony
- They work to promote healing through sound resonance
- Healing frequencies slow down the mind and bring a feeling of deep rest
- Sound healing can help improve things like sleep, anxiety and pain by calming the nervous system
- Leave feeling relaxed with a sense of lightness, peace and clarity

Why It Matters

Clients benefit from an holistic use of sound, movement, stillness and breath to ground their body, reconnect to their inner knowing and restore balance across mind, body & spirit.

Sound that soothes - vibrations that heal - balance that lasts



Integrative Ayurvedic Bodywork & Marma Therapy

Who

Facilitator: Lari Hutton – Integrative Ayurvedic, Somatic, Nervous System & Women's Health Coach. My work is rooted in the belief that healing is embodied, individual and deeply connected to nature. Together we will co-create a safe and sacred space for body, mind and spirit.

What

2-Hour 1:1 Sessions – deeply personalised bodywork, guided by Ayurvedic wisdom, somatic awareness, trauma-informed practices, and seasonal rhythms.

Saturday 11th October	Booked	Sunday 12th October	Booked	Monday 13th October	BOOKED
10.00 am to 12.00 noon	✓	08.00 am to 10.00 am	✓	08.00 am to 10.00 am	✓
12.30 pm to 02.30 pm	✓	10.30 am to 12.30 pm	✓	10.30 am to 12.30 pm	✓
03.00 pm to 05.00 pm	✓	01.00 pm to 03.00 pm	✓	01.00 pm to 03.00 pm	✓
05.30 pm to 07.30 pm	✓	03.30 pm to 05.30 pm	✓	03.30 pm to 05.30 pm	
-		06.00 pm to 08.00 pm	✓		

- All genders and abilities welcome.
- £120.00 per session.
- Limited sessions as per above time slots (first-come basis).
- Payments made direct to facilitator

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We will send booking confirmation and payment details by return.

What to Expect

Ayurvedic Bodywork with Marma Abyangha – a full-body healing ritual including:

- Warm oil massage with organic Ayurvedic oils tailored to your Dosha
- Marma therapy (vital energy point activation to release emotion/trauma)
- Focused care for womb (for women), belly, neck, shoulders, hips, and feet
- Nervous system regulation through somatic and energetic touch
- Consultation to co-create treatment aligned with the season and your healing goals

Benefits

- Relief from deep muscle tension and physical pain
- Release of trauma and emotional holding
- Detoxification and improved digestion
- Nervous system and hormonal balance
- Stronger immunity and deeper sleep
- Clarity, spaciousness and renewed life force
- Restored connection to womb and feminine energy (for women)
- Activation of Shakti — your inner creative, healing energy

Why It Matters

In a world of constant doing, this is a sacred pause — where touch, breath, nature and embodiment weave together to bring you home to yourself. Here you are not 'fixed', but remembered, restored and re-aligned with your inner wisdom and the nourishment of the Earth.

Come rest in rhythm with the Earth - Come home to yourself.



Woolly Mats & Calm Hearts for Children

Who

Facilitator: Bryoni Irwin

What

Group Workshops – 1. Saturday 4th October 1pm - 2pm
2. Saturday 1st November 1pm - 2pm

An hour of mindful yoga designed to help busy children reconnect with themselves through gentle movement, breath and stillness.

Children will be guided to appreciate their bodies, discover the power of their breath, and find moments of calm — all while practicing on natural wool mats and cushions which provide grounding, comfort and a safe connection to the Earth.

- Age 8 and above
- £8.00 per child per session
- Limited spaces (first-come basis).
- Cash Payments on the day

To book / reserve a space please contact 017684 86285 / Email: soulandsstudio@gmail.com

What to Expect

- Playful yoga movements and stretches
- Simple breathing practices to calm the mind
- Short guided relaxations and moments of stillness
- Time to rest and recharge on soft wool mats

This is a nurturing, fun, and engaging class where children can slow down, listen inwards, and enjoy being fully present.

Why It Matters

In today's world of busy schedules and constant technology, children rarely have the chance to pause.

This practice gently guides them to pause, appreciate the present moment, develop body awareness and self-kindness and build resilience and inner balance for their future.

In the stillness of now, children learn the rhythm of tomorrow.



Breathwork, The Sacred Art of Rest

Who

Facilitator: Rob Fowler

Rob's approach to yoga is influenced by teachers such as B.K.S. Iyengar, J. Krishnamacharya, and others. Rob is dedicated to sharing yoga by creating an inclusive and equitable practice that is effective for every body, in a safer space, and respectful of yoga's roots.

To quote Amit Ray "Yoga is not just repetition of a few postures - it is more about the exploration and discovery of the subtle energies of life ... if you want to conquer the anxieties of life, live in the moment, live in the breath".



What

Group Workshop— 1 hour **Wednesday the 22nd October 9.15am - 10.15am**

This deeply restorative session invites you to pause, soften and return to balance. Through gentle grounding practices and breath - the most ancient medicine of all - Rob will guide you into the sacred art of rest. Supported by British wool mats and cushions, the body is nurtured in warmth and safety allowing clarity and calm to naturally arise.

- All genders and abilities welcome
- £12.00 per session
- Limited spaces (first-come basis)
- Payment to be made direct to facilitator

To book / reserve a space please contact 017684 86285 / Email: soulandsstudio@gmail.com

What to Expect

- Gentle guided movement and breathwork practices
- Simple tools to regulate and calm the nervous system
- Deep rest supported by wool mats and cushions
- Spaciousness for stillness, reflection, and gentle integration
- A safe, welcoming environment for every body and every ability

Why It Matters

In today's busy, overstimulated world, true rest is more than a luxury - it is an essential act. Breathwork offers a pathway back to yourself — releasing tension, quieting the mind, and restoring balance to the body.

Practicing on natural wool mats and cushions connects you to the grounding presence of the Earth, reminding us that rest is not a luxury, but a vital part of living well.

Allow yourself to be nurtured by breath, body, and earth's quiet embrace