

## Summer Solstice Weekend Workshop in Totnes, Devon



<b>Date:</b>	<b>20-21 June 2015</b>
<b>Location:</b>	<b>Chapel House Studios, Station Road, Totnes, Devon, England UK TQ9 5HW.</b> Click <a href="#">here</a> for more information about location and map.
<b>Workshop Info:</b>	<b>Pilates/Qigong/Energy Healing-Meditation</b> Saturday: 11:00am – 6:00pm Sunday: 10:00am – 5:00pm Tea breaks and 1 hour for lunch each day.
<b>Cost:</b>	<b>£150 – Click <a href="#">here</a> to book now!!</b> <b>Transportation, Accommodation and meals are not included and attendants are responsible for their own bookings and travel arrangements.</b> Coffee, tea, milk, juice, fruit and biscuits during the tea breaks are included.
<b>Details:</b>	Read more about the workshop and the instructors <a href="#">here</a> , and check the timetable for the weekend <a href="#">here</a> . We provide <a href="#">suggested itineraries</a> from London for 3 days/2 nights or 2 days/1 night weekend. See also <a href="#">additional information</a> .  For the workshop wear comfortable clothing and bring a small towel with you. Bare foot, socks and trainers that have not been worn in the street is the only footwear allowed in the studio.  <b>As with any type of exercise, check with your GP before engaging in any physical activity.</b>
<b>Contact:</b>	<b>For payments:</b> Miguel Chavez <a href="mailto:info@reikimaya.com">info@reikimaya.com</a>  <b>For General Information:</b> Serap Erbas <a href="mailto:Serap@Pilates4you.co.uk">Serap@Pilates4you.co.uk</a>  Fernando Echeveste <a href="http://www.breiking-free.com/contact">http://www.breiking-free.com/contact</a>
<b>Cancellation Policy:</b>	<b>Non-refundable</b>

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## **About Pilates**

Pilates is great for people who want to build up their core strength, avoid or recover from an injury, improve their posture and balance and to gain greater mind and body awareness! Pilates is an exercise system invented by Joseph Pilates (1883-1967). Each exercise is designed to move with the biomechanics of the human body and the spine. It is an exercise programme that works for everyone. People of all body types, ages and skill levels can benefit. Back, neck and shoulder pain are common musculoskeletal disorders affecting 80% people at some point in their lives. It all starts with muscle imbalances or weaknesses.

The **“Neck & Shoulder pain and Management of Lower Back pain”** workshop will give you an overview of basic anatomy, helping you to understand the mechanical Miracle of our bodies, the physical laws of your back, neck and shoulder and how to have a good posture and core. It will also teach you how to apply this in your everyday life. You will deepen your body awareness, learn how to ease any physical, mental and emotional stress with breathing, get fit, reduce risk of injuries and create positive healthy habits for a lifetime of mind, body and spirit wellness success. During the workshop you'll feel calm and your anxiety level reduced. You'll also notice how your concentration and focus improve and the tension in your body relieved.

## **Energy Healing - Meditation**

Meditation is a valuable part of a healthy lifestyle. It has been scientifically proven to make people's lives happier, stress free and healthy. The essential aspect of meditation isn't based on how "well" you do it. It's about what appeals to your spirit.

Energetic Healing is the conscious and skilled use of therapeutic modalities to benefit a person on subtle and emotional levels, as well as in their general and physical well-being. Energetic healing facilitates the healing process by clearing blocks in the energy fields, repairing and rebalancing the energy so that the body can move to its optimal level of balance from where it is able to access its inherent ability to heal itself.

In this weekend workshop you will experience a Meditation technique based in the act of allowing yourself in the present, where there are no interpretations, you will experience deep states of peace. Also Miguel will combine Energy healing with meditation guiding you into deep states of consciousness in order to access high frequencies of energy healing. You will experience deep states of peace.

## **Qigong**

Qigong (pronounced 'Chi Kung') is a powerful type of health exercise, which has been practiced for centuries in China. It is based on gentle movements that are specifically designed to benefit and balance health.

During the workshop we will use Qigong as a mean of developing the relationship between mind and body, melting tensions and relaxing. This way of working supports all the systems of the body and the individual as a whole. By removing the tensions and "holding-on" that get in the way we can dissolve blockages in the Qi system, thus re-establishing the proper flow of Qi.

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## Your instructors for the weekend



**Serap Erbas** – Serap was born and raised in Turkey. She graduated in Social Anthropology and worked in several sectors in Turkey. After moving to London in 2001, she fell in love with Pilates movements after attending a mat class. She obtained national qualifications on Mat and Studio Pilates in 2010 and changed her career to teach Pilates full time. In 2012 she completed the GP Exercise Referral Specialist course to use Pilates method as a tool working with people with specific medical conditions. Later on, her interest on mechanical back pain led her to become a level 4 - Lower back specialist in 2013.

Serap is continuously learning and improving her technique by constantly researching the teaching techniques of well-known Pilates teachers in the field and combined their materials to her repertoires. In September 2013 and January 2014, Serap attended BASI Pilates® Professional Bridging Program presented by Master Rael Isacowitz in California, USA. The BASI program credits the experience of qualifying professionals for previous Pilates education and focuses with key differentiators between BASI and other teaching methods. It is an intensive review of individual work on Mat, Reformer, Cadillac, Wunda Chair, ladder Barrel, Avalon Chair, Avalon Step Barrel, as well as auxiliary equipment. Serap successfully completed the Pro-bridging program and after passing the BASI comprehensive course exams (CTTC) she became an international BASI instructor in May 2014. Serap is currently working at various physiotherapy centres, gyms and schools in London.



**Miguel Chavez** - I grew up surrounded by Healers and Shamans in a spiritual temple in Mexico. This experience gave me a deep insight and understanding of the power of healing which I have developed in several techniques throughout years of practice. After a vast and enriching exploration, I found the amazing power of Reiki healing which I would love to share with you.

Since my early years I was interested in the power of healing that helps overcome illness and suffering in human nature. My story began before I was born as my parents tried for many years to have children but failed. Having tried different forms of medical treatments without success, my parents visited a spiritual healer's temple and following this visit my mother became pregnant. In gratitude with the healers we continued to visit the temple for the next 11 years where I learnt, experience and actively participate with the healers.

I left Mexico when I was 25 and started a spiritual journey around the world. I attended many healing courses and workshops such as Angels Healing, Activation of DNA and Pineal Gland, Shamanic Rituals, Analytic Psychology, Holistic Massage, Mindfulness, Ayurveda, Transcendental Meditation, Yoga, Non-Duality etc. In my journey I came across Reiki which thought me that everything I was searching for was already here. Reiki helped me to look at life in a more harmonious way, to see peace were I used to see fear and to find harmony within myself. I then became a Reiki practitioner in 2006 and a Reiki Master in 2010 when I began to teach and share this amazing experience.

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**Fernando Echeveste** - Fernando is a Software Engineer who has worked in the IT field for the last 23 years. Originally from Guadalajara Mexico, his father kept a personal library at home with more than 5,000 books, so from an early age he had the chance to read about and practise different things such as Yoga, meditation, Silva method, acupuncture, reflexology and hypnosis techniques among other things. In 1998 Fernando migrated to the US and during one of the snowy winters he injured his back shovelling tons of snow. After having physiotherapy to recover, he started to practice Tai Chi and Qigong informally. Soon he realised how incredibly

effective Tai Chi and Qigong were to alleviate the stress from his back. At the same time he started to reap all the other benefits such as balance and calmness, relaxation and inner peace in all aspects of his life. Since then Fernando became a keen and serious practitioner of both arts.

After coming to UK in 2009, Fernando became more in touch with his spiritual journey. In 2012, he became a Usui Reiki Master and an advanced practitioner of the Integrated Energy Therapy system (IET), also known as Angelic Healing. In 2013, he obtained his full qualification as a Qigong instructor from the [Tai Chi Nation](#) School in Devon after practising Tai Chi and Qigong for almost 10 years. He's completing his Tai Chi Instructor training course in the summer of 2015.

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## Timetable

### Saturday (11:00am – 6:00pm)

Time	Activity	Instructor
11:00am – 11:30am	Introduction & Welcome, Agenda	Serap/Miguel/Fernando
11:30am – 01:00pm	Neck, Shoulder & Back – Pilates workshop	Serap
01:00pm – 02:00pm	Lunch	Everybody
02:00pm – 03:00pm	Qigong session	Fernando
03:00pm – 04:00pm	Mindfulness Meditation	Miguel
04:00pm – 04:15pm	Afternoon Tea Break	Everybody
04:15pm – 05:30pm	Pilates Flowing Exercises	Serap
05:30pm – 06:00pm	Group Dynamics	Serap/Miguel/Fernando

### Sunday (10:00am – 5:00pm)

Time	Activity	Instructor
10:00am – 11:00am	Meditation – Energy Healing	Miguel
11:00am – 12:00pm	Pilates Mat-based Exercises	Serap
12:00pm – 12:15pm	Morning Tea Break	Everybody
12:15pm – 01:00pm	Energy Healing Share	Miguel
01:00pm – 02:00pm	Lunch	Everybody
02:00pm – 03:00pm	Happiness & Inner Peace	Serap/Miguel/Fernando
03:00pm – 04:00pm	Qigong session	Fernando
04:30pm – 04:30pm	Healing Meditation	Miguel
04:30pm – 05:00pm	Conclusion	Serap/Miguel/Fernando

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## Summer Solstice Weekend Workshop at Chapel House Studios in Totnes, Devonshire (Additional Information)

**Transportation, Accommodation and meals are not included and attendants are responsible for their own bookings and travel arrangements.**

We hope the following information is useful!!!

### About Totnes



Totnes is a thriving centre for music, art, sustainable living and natural health; situated at the head of the estuary of the river Dart in an 'Area of Outstanding Natural Beauty'. Its bohemian charm once got it named by Time Magazine 'the capital of new

age chic' whilst Highlife Magazine, declared it one of the world's Top 10 Funky Towns.

### Studio Location and Map



Visit the Chapel House Studios website [here](#) for detailed information about the location and how to get to the Studio.

### Transportation



Check the studio's website [here](#) to see the different options to find the studio (by foot, car, bus and train). Alternatively, there are direct flights from London City airport to Exeter (about 1 hour). You can then take the airport bus to Exeter St David's station and take a direct train to Totnes taking about half an hour. For prices and timetables check the Flybe website [here](#).

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If you are travelling by train, here are a few tips:

- Totnes is on the mainline, well served with fast direct train routes from London Paddington (3hrs), the North of England, Exeter (30 minutes), Torbay areas Plymouth (30mins) and Cornwall. Visit the National Rail website [here](#).
- Return ticket to Totnes: Expect to pay £50-£75. The price will vary depending on when you buy the ticket. We recommend buying the ticket at least 3 weeks in advance.
- To make the most out of a long weekend we suggest catching the 9:00am\*\* service on Friday 19<sup>th</sup> June. If you can't, there are multiple services throughout the day. The last service is at 8:35pm\*\* arriving in Totnes just before midnight.
- For those who prefer to travel on Saturday, there's a service at 7:22am\*\* arriving in Totnes at 10:52am\*\*. You'll need to go straight to the studio as the workshop begins at 11:00am.
- On the train, the best seats are by the window on the left side of the carriage. Then you'll have a chance to see the beautiful views of the sea between Exeter St. Davis and Newton Abbot.

## Accommodation



Located in the town centre, and only 2 minutes from the studio, The Royal Seven Stars Hotel is perfectly placed and it's a good option for the weekend. There are multiple Bed and Breakfast to choose from as well. Visit the Totnes information Centre website [here](#) to book and pay for your stay. **Note: Totnes can be busy at weekends and at festival times so you should consider booking your accommodation in advance.**

## Meals



There are a multitude of bistros and restaurants in Totnes serving everything from healthy snacks (organic, vegetarian, vegan) to full service Chinese, Indian, Thai, Italian and British cuisine to suit every pocket.

**Tea, milk, juice, fruit & biscuits during the tea breaks are included.**

## Local Taxis service

The town centre and the studio are walking distance from the train station. However, if the place you are staying is further away or if you need a taxi for some reason, Badger Cabs services Totnes station and the entire area of South Devon. Visit their website [here](#), call them at 01803 840-400 or e-mail them at [badgercabs@gmail.com](mailto:badgercabs@gmail.com) to book in advance. If you catch the taxi at Totnes station, expect to pay around £6-7 for a ride within a 2-3 miles radius.

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## Suggested itineraries from London

(3 days/2 nights weekend)



### Friday 19<sup>th</sup> June, 2015

- **8:30am** – Meet at Paddington Station.
- **9:00am\*\*** – Catch the train to Totnes\*. Tip: Choose a Window seat on the left side of the carriage so you can enjoy the beautiful views of the sea between Exeter St. Davis and Newton Abbot.
- **12:00pm\*\*** – Arrive at Totnes Station. Walk 10min towards the town centre. Check in into your B&B\* which is walking distance if your B&B is within the town boundaries. Otherwise there are generally mini cabs waiting at the station.
- **12:30pm** – 3.5 hours to wander in Totnes at your leisure. Visit the market at the main Square. Try the food in one of the food stands, have a coffee or tea in one of the local coffee shops or visit one of the restaurants for a more formal meal\*. Take a stroll on the streets of Totnes and get acquainted with the town, visit the castle and the cathedral, or if desired stay at your B&B for an afternoon nap.
- **4:00pm** – Walk to Dartington Estate (Optional). We meet by the “Happy Apple” supermarket on the High Street to start our 30min walk. The walk follows the river Dart and you can enjoy stunning views of the countryside.
- **4:30pm** – One hour to explore the gardens at your leisure. For more information visit their website [here](#). Entrance to the gardens is free. However, donations are accepted.
- **5:30pm** – Gather for a 30min mindfulness meditation. On arrival to the gardens we will indicate the meeting point for this activity.
- **6:00pm** – Walk back to Totnes.
- **7:30pm** – Dinner\*. Meet by the “Happy Apple” if you’d like to hang out with us for dinner. Otherwise, Buon Apetit and we’ll see you tomorrow for the first day of the workshop.
- **9:00pm** – Back to your B&B for a good night sleep. (Suggestion only). We recommend that you limit your alcohol consumption and to make sure you get enough sleep in order to be ready and enjoy the workshop as much as possible the next day.

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## Saturday 20<sup>th</sup> June, 2015

- **11:00am** – **Workshop begins.** See Workshop [timetable](#) for more details.
- **1:00pm** – **One hour for lunch\***. There are multiple options within walking distance from the studio.
- **2:00pm** – **Workshop afternoon activities.** See Workshop [timetable](#) for more details.
- **6:00pm** – **Workshop (Day 1) concludes.**
- **7:30pm** – **Dinner\***. Meet by the “Happy Apple” if you’d like to hang out with us for dinner. Otherwise, Buon Apetit and we’ll see you tomorrow for the second day of the workshop.
- **9:00pm** – **Back to your B&B for a good night sleep.** (Suggestion only). We recommend that you limit your alcohol consumption and to make sure you get enough sleep in order to be ready and enjoy the second part of the workshop as much as possible the next day.

## Sunday 21<sup>th</sup> June, 2015

- **10:00am** – **Workshop begins.** See Workshop [timetable](#) for more details.
- **1:00pm** – **One hour for lunch\***. There are multiple options within walking distance from the studio.
- **2:00pm** – **Workshop afternoon activities.** See Workshop [timetable](#) for more details.
- **5:00pm** – **Workshop (Day 1) concludes.** We hope you enjoyed the workshop.
- **6:00pm\*\*** – **Catch the train to London\***. Tip: If you feel tired and want to travel in more style, for £20 more (payable to the conductor) you can upgrade your ticket to 1<sup>st</sup> class.
- **9:00pm** – **Arrive at Paddington Station.** Thank you and we hope to see you again at the next workshop.

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(2 days/1 night weekend)

Saturday 20<sup>th</sup> June, 2015

- **7:22am\*\*** – **Catch the train to Totnes\***. Tip: Choose a Window seat on the left side of the carriage so you can enjoy the beautiful views of the sea between Exeter St. Davis and Newton Abbot.
- **10:52am\*\*** – **Arrive at Totnes Station**. Walk 5min towards the town centre and right into the studio.
- **11:00am** – **Workshop begins**. See Workshop [timetable](#) for more details.
- **01:00pm** – **One hour for lunch\***. There are multiple options within walking distance from the studio. If you wish you can check in into your B&B.
- **2:00pm** – **Workshop afternoon activities**. See Workshop [timetable](#) for more details.
- **6:00pm** – **Workshop (Day 1) concludes**.
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- **9:00pm\*\*** – **Arrive at Paddington Station**. Thank you and we hope to see you again at the next workshop.



\* Transport to Totnes, Accommodation in Totnes and meals during the weekend are not included in the price of the workshop.

\*\* The train departures and arrivals may vary. Please verify the times when buying the ticket.

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Organised by

