



Jackie Gough

I teach yoga and meditation for both adults and children. I believe practising yoga and meditation allows us to slow down, concentrate on one task at a time and supports us in becoming more productive, happier and kinder people. Having children and grandchildren of my own I realise that the world is a busy stressful place and that children who undertake a yoga and meditation practice are usually better able to focus, concentrate, are more flexible and have a positive attitude to their bodies.

Alongside yoga and meditation, I am also a person-centred counsellor. I retired from the NHS last year. I was a Psychiatric Nurse and Senior Manager of Mental Health Services for 36 years. I believe that yoga, meditation and counselling all support people in maintaining good mental health. I use my yoga and meditation to maintain a positive outlook on life. I accept that at times life is difficult but that this will pass. In working with people, I believe we all have the ability to find what we want, and how we might move forward with a more productive and happy life.

Jackie Gough



counselling
changes lives



Yoga for Adults (1 hour)

One to one	£30
Two to one (per person)	£17
Classes (per person)	£7

Meditation for Adults (1 hour)

One to one	£30
Two to one (per person)	£17
Beginners 6-wk course	£7
Ongoing weekly practice	£7
Monthly Meditation Circle	£7

(includes refreshments)

Yoga & Meditation Children (30 min)

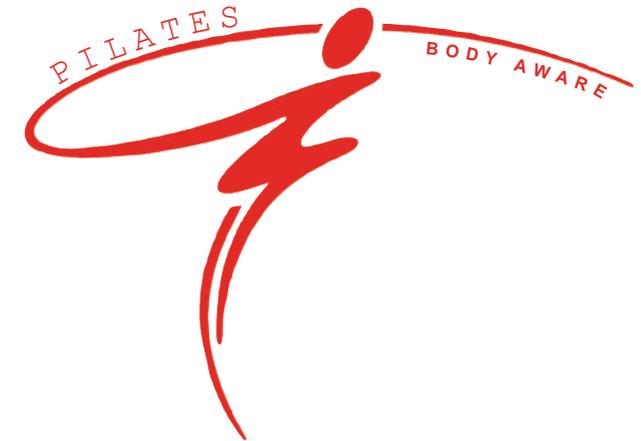
One to one	£15
Two to one (per child)	£8.50
Classes (per child)	£3.50
Counselling Sessions (50 min)	£30

Telephone: **0773 346 7276**

[www.facebook.com/
jackiegoughyogandmeditation](http://www.facebook.com/jackiegoughyogandmeditation)

Body Aware Pilates

STUDIO & CLINIC



Yoga & Meditation

Contact : Jackie Gough

Telephone: **0773 346 7276**

Email: bodyaware@btinternet.com

www.bodyawarepilates.co.uk

Body Aware Pilates

STUDIO & CLINIC

155 High Street, Ilfracombe

01271 855828

Devon EX34 9EZ

Adult Yoga

Zen literally means meditation. I trained with a Buddhist monk, Diazen Skinner and remain part of the Zenways family. I fully believe, in line with Buddhist tradition, that we need to find ourselves, and work to develop our skills in caring for ourselves and others. Doing what we can to make the world a kinder and more compassionate place for everyone.

Zen yoga is based on using the breath and working in a meditative way throughout the practice. It also helps us to undertake a moving practice as well as a meditation practice. I always begin and end classes with a meditation and use the poses/asanas in the middle part of the class. These will change from week to week.

I teach both Hatha and Vinyasa. I also do some yin yoga practices. I completed my Vinyasa training with Dawn Wright in Buckinghamshire.



Meditation

Meditation is a practice that allows one to notice what is going on and then make decisions about the next steps. Developing your practice allows connectedness to others, to nature and to the world. You begin to accept things as they are and approach yourself and others with compassion and empathy.

Meditation provides tools and techniques that, when practised regularly, will support a transition to a more present and aware state, leading to a peacefulness and calmness that nourishes and enhances your quality of life.

Meditation is not about clearing the mind but about noticing the thoughts and allowing yourself to let go of them.

Meditation is not a religion and I teach many styles of meditation.

You do not have to be able to sit on the floor cross legged to meditate, it can be done sitting, walking, or standing.

Counselling

I am a trained Person-Centred/Humanistic Counsellor. The foundations of the humanistic approach provide the client with a deeper understanding of who they are, what they feel and the opportunity to explore the possibility of creating personal choices. It encourages self-awareness and self-realisation.

This approach, therefore, sits very neatly with my yoga and meditation practice, and allows me to use all of my lifelong skills in psychiatry to pull together a counselling package that is suitable for an individual and not the same for everyone.

I would always want to meet with you first to ensure that we could work together and then work in six weekly blocks, reviewing as we go to ensure you are gaining something from the sessions. Each session is 50 minutes long.

Children's Yoga Practice

Children benefit from a yoga and meditation practice in many ways and schools are now providing this for some students. Benefits include:

- Awareness of the breath and the present moment
- Learning how to deal with stress and anxiety in a positive way
- Increased confidence
- Improved self-esteem and self-image
- Improves concentration and memory, calmness and relaxation
- Improved attention and, for some, increased grades at school.

The practice is undertaken through play, stories, music, language and creative work. For older children, through learning poses and making their own sequences.

