



Sue Woodd

Sue has been working in the field of Complementary Medicine for the past 25 years, founding her own school in 1991. She is a registered trainer with the Shiatsu Society, and a Senior Instructor with the T'ai Chi Union of Great Britain and teaches for the F3 T'ai Chi and Chi Kung Academy and the European School of T'ai Chi Ch'uan. Sue is co Principle of and the Chi Yoga and Seasonal Yoga Teacher training schools. Sue is a graduate of the College of Cranial Sacral Therapy and an experienced registered teacher affiliated with Yoga Alliance she is also an International Master Trainer and trains fitness instructors and lectures for leading Health Farms. She has written and designed courses for Fitness Companies world wide including the YMCA, Fitness International Geneva, ChiBall and Bodymind concepts Sweden. Sue continues to raise public awareness through her books, DVD's and radio and television appearances.



Helen Pybus

Helen has been actively involved in the fitness industry for many years. During that time she has studied a variety of disciplines and has taught a multitude of classes to both children and adults. Upon discovering the mind/body field she quickly knew that this was where her true interest lies and today she devotes her entire career to mind/body concepts. Initially Helen undertook her Pilates training with Modern Pilates where she was 1 of the first Pilates teachers in the UK to gain the CYQ Level 3 qualification in Matwork, Personal Trainer and Back Care, the highest national standard currently in the UK. She trained for a year with Body Control Pilates gaining her second Level 3 qualification. Over the last three years Helen has taken time to share her knowledge with others on both national and now international levels by presenting at major fitness conventions and by guest presenting at Champneys health resorts nationwide. Helen also continues her work locally as an Exercise Referral Consultant in Pilates at her local PCT and still enjoys teaching weekly Back Care classes. Helen is also now the proud owner of her company Pilates and Health.



A week of Yoga, Pilates, Qigong, Taiji & Shiatsu

with Sue Woodd & Helen Pybus

Ferme de Candeloup,
Monein, France.
July 2nd to 9th 2011

This retreat will focus on toning and trimming the body, core stability, re-alignment and rejuvenation on every level and will include:

- ☯ Seasonal Yoga and Qigong
- ☯ Techniques for Healing and Increasing Energy
- ☯ Pilates sessions for core strength, mobility and lean long look
- ☯ Bender ball and flexiband pilates, power walks and aqua splansh
- ☯ Chi Ball sessions to relax and unwind, challenge your core and give exercise a seasonal focus
- ☯ Ba Juan Jin (a series of energy cultivating exercises to strengthen the organs and tone the fascia the fabric of the body)
- ☯ Learning a short T'ai Chi Form
- ☯ Meditation and Mind Training techniques
- ☯ Yoga working with Bandhas and the Facia
- ☯ Shiatsu Massage - how to give a full body Shiatsu Treatment
- ☯ Meridian (Energy pathway) stretches to unblock the flow of Chi (Prana in the body)
- ☯ Talks on vitality maintenance and the seasonal approach to living well



Duration	Cost/Person*	Availability
7 days (3 sharing a room)	£565	
7 days (2 sharing a room)	£585	
7 days (not sharing)	£650	Sold out

*The price includes full board accommodation, including continental breakfast, snacks, soft drinks/tea & coffee with lunch and dinner (wine and beer is extra). Heating, linen and all yoga equipment is also included. Cost excludes flights from the UK which can be easily arranged online via low cost budget airlines.

Ferme de Candeloup

Our restored Bearnaise barn is 340 square metres in size, over two floors, and comprises six bedrooms all with private bathrooms, a one bedroom gite, a 45 sq.m. salon/meeting room and a 45 sq.m. lounge/dining room. Two of our six rooms are singles and are available on a first come, first served principle. The accommodation can sleep up to a maximum of 16 people. There is a 75 sq.m. terrace overlooking the courtyard area and a 70 sq.m. deck leads from the salon toward the pool area. The pool is five by ten metres, with a 135 sq.m. paved area and surrounded by a French (recycled) oak picket fence.

Further information:

Susan Woodd MRSS. The Cottage, 18 Upper South View, Farnham, Surrey GU9 7JW
 Tel: 01252 723774 Mobile: 07788 584746
 Email: sue@suewoodd.com
 or Helen Pybus Tel: 07814 651740

