



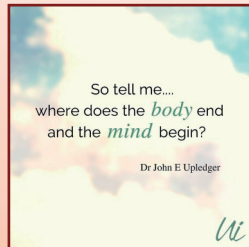
**Heather  
Robertson**

I had been practising Yoga since the early 1990s, as a way of easing aches and pains from my physical job as a Gardener. I started Teaching Yoga in 1998 and began studying with the British Wheel of Yoga, taking a Foundation Course in Viniyoga. I moved on to study with Gary Carter, among other teachers and completed the Natural Bodies Teacher Training course in Brighton.

My studies continued with Pete Blackaby and John Stirk, both of whom I met when I moved to Brighton from London in 2000. They both continue to be my support and inspiration to this day.

I went on to gain a Cert.Ed Teaching Degree at Brighton University, and have taught at lots of different venues with a wide range of students over the past twenty years, including: Schools and Universities (Staff and Students), Health Clubs, Adult Education Centres, Yoga Centres in Brighton and London, and Private groups and 1:2:1.

My sessions are fun, informative and enquiring, working on the individual's own range of movement and ability, enabling them to take the practice home and make it their own.



## Heather Robertson

### Qualifications

Viniyoga Foundation Course,  
British Wheel of Yoga

Natural Bodies Cert.Ed Teaching Degree,  
Brighton University

Advanced Therapist in  
Foot, Hand & Auricular Reflexology

CranioSacral Therapist

## Body Aware Pilates

STUDIO & CLINIC



## Scaravelli Yoga

<del>Initial consultation</del> (1 hour 20 minutes)	<del>£50</del>
Follow-up consultation (40 minutes)	£43

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## Scaravelli Yoga

Scaravelli Yoga is the 'Stress-Free New Yoga that Works with the Body to Restore Health, Vitality & Energy.' By working with Gravity and the Breath, we can allow our bodies to open at the waist, with a drawing down into the ground, and a releasing upwards, through the Spine.

This natural process is ever-present, not only in Humans, but in every upright living thing. The roots of a tree are pulled down into the earth, while the branches reach skyward. The deeper the roots, the taller the tree.

Each of the Yoga Poses is accompanied by the Breath, particularly the Exhalation, where the Spine can Lengthen without Effort. These Elongations can only happen when the Pushing and Pulling has Stopped; this is the Revolution.

Vanda Scaravelli discovered this through her own Yoga practice, having started her Yoga journey when she was nearly 50. She was introduced to Yoga through her friend J. Krishnamurti, and her neighbour Yehudi Menuhin who invited T. Krishnamacharya to teach them at their summer home in Switzerland. He declined as he didn't like to travel, but sent B.K.S. Iyengar and T.K.V. Desikachar in his place.

Vanda Scaravelli practised daily and had private lessons with Iyengar and Desikachar for several summers, before she began to work and teach on her own in her native Italy.

I was fortunate enough to discover this way of working when I met John Stirk in Brighton. He was covering a class for Pete Blackaby, who had become



my teacher, and 'it just clicked' for me. I went on to work with John and Pete, for several years, before moving to north Devon to spread the word.



Upledger CranioSacral Therapy is a gentle hands-on approach that can have profound effects on the body. It helps to release tensions held deeply within the body, to relieve pain and dysfunction, and improve health and performance.

Developed in 1970 by Dr. John Upledger, an Osteopathic Physician who witnessed a rhythmic movement in the spinal cord during surgery on a patient's cervical vertebrae (neck), he explored the influence of therapy on the CranioSacral System (CSS) and realised that the Central Nervous System (CNS) has a major influence over your health and well being, and the CSS (bones, fluids and soft tissue surrounding your Brain and Spinal Cord), impacts this directly.

Everyday stresses and strains cause tension in our tissues which, along with emotional trauma and physical injuries, can cause restrictions which can radiate out to the CSS and can compromise the function of the CNS, which can then affect other systems in your body.

The light touch approach to CST can release these tensions to allow the whole body to relax and self-correct. By freeing the CNS, CST may reduce pain and stress, and enhance your health and well being. Because it is so gentle, CST is suitable for all ages, from newborns to elders.

Since CST is not prescriptive in its approach, we always work by listening to, and following what it feels that your body needs to do, whatever condition you are experiencing.

I have been a practitioner of CST since 2004.

## Reflexology

Reflexology has been around for thousands of years, dating back to times of the Egyptians, B.C.

Feet are symbolic in ancient Chinese, Japanese and Indian traditions and are our connection to the earth.

Often overlooked, or squeezed into ill-fitting shoes, our feet support us and determine our posture and gait.

This should be enough to make us pay attention to them, but they also mirror our body's major systems, both musculoskeletal and visceral, helping us to ease any future possible 'issues in the tissues'.

Reflexology is a non-intrusive, complementary therapy which aims to promote health and wellbeing.

I am an Advanced Therapist, trained in Foot, Hand and Auricular Reflexology in 2008.

