

# BoCo News



August 2018

We are pleased to be issuing the Autumn Timetable – in the nick of time! The new term starts next week on Monday 3<sup>rd</sup> September. After a glorious (for some too glorious ..) Summer term, we are making a few changes to the regular schedule of classes. This is following feedback from members as well as shifts in patterns of attendance. We also have dates for more chanting sessions of Kirtan led by Holly and there are some exciting new workshops which are introduced below.

Since the last newsletter, we have seen the usual ebb and flow of members, teachers and receptionist. There are the changes that are expected and routine as well as those that are both exciting and unsettling. One of these changes is that Niamh, who has been on the BoCo reception team for five years, is leaving to return to her original career. It is lovely to read her thoughts in this newsletter and we wish her all the best - is it really five years!?

More mundanely but very exciting for us is that we are renewing the flooring in the studio. We will need to close for a couple of days but will do this with the minimum of disruption during the Autumn half term week – more on this nearer the time.

We have also seen a shift in attendance between Yoga and Pilates. While we have more who are doing both classes, we have fewer dedicated Pilates members. We will be seeking feedback from you to see if there is anything you would like us to do differently. One of the constants at BoCo is the appreciation we get of the richness in variety that we try to embody in terms of teachers as well as styles within Yoga and Pilates. We have a record number of members coming more than once a week to classes as well as members returning after time away because of life and the universe (i.e. – family and work commitments or changes). Our 13<sup>th</sup> year of business has not been an unlucky one. The last social was our 10-year anniversary. We think we should celebrate this as well!

We hope you have all had a wonderful summer and look forward to seeing you at BoCo in the new term. As always, we are happy to get feedback from members about any classes we currently run, the changes we have made (or classes that you would like us to run!) so do get in touch. Booking sheets are open for next week so please do email to book in if you haven't already.

*Karin & Maya*

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## Classes & Courses

Our Autumn timetable is attached. The changes made are detailed below.

### New Classes

In response to the demand for Gentle Yoga classes, from 14<sup>th</sup> September, we will be starting a new gentle yoga class on Fridays at 10:45. The class will be taught by Karin. If you would like to sign up for this class, or have a family or friend who might be interested do ask them to get in touch.

Over the past years we have found that demand for pregnancy classes can vary – must be the season or the water! However at the moment we don't need to offer 3 Pregnancy Pilates classes a week, so we propose to change the Monday 7pm class into a Gentle Pilates class, which will be taught by Lena. If you would like to sign up for this class do get in touch.

### Lunchtime Pilates

For the past two years we have offered both members and non-members the opportunity to fit in a lunchtime Pilates class on Thursdays at 1pm. However over the past term numbers have fallen and we need to review whether to offer this class in the coming term. If you would like to join this class do get in touch – it's a case of use it or lose it! The other option is to offer it as a specialist Pilates for Backs class to attract new people who haven't yet discovered the joys of alignment and efficient movement.

## Workshops This Autumn

### KIRTAN

Led by Holly, the next dates for our Kirtan sessions are Sunday 23<sup>rd</sup> September and Sunday 25<sup>th</sup> November. The session starts at 6pm. It is suitable for all - singing is such an uplifting, efficient and easy way to get our endorphins buzzing. Having a 'good' singing voice is absolutely not a requirement - something about the melody and pitch of the chants mean that it is surprisingly accessible to all!

### STORY TELLING

On October 5th, we will be hosting the first Pathways Storytelling evening, a community event organised by Alex from The Mindful Compass. The theme of the evening will be "Brrr! Stories of cold, ice, snow and anything that makes you shiver." Five or six storytellers will have up to ten minutes to tell a story from their lives.

The aim of the event is to bring the community together, sharing experiences through story and helping people realise that they have more in common than they think. Tickets are £5. If you are interested in attending, or even telling a story, please e-mail [alex@themindfulcompass.com](mailto:alex@themindfulcompass.com).

### MINDFULNESS

From 2 to 3 pm on Saturday 22<sup>nd</sup> September 2018 we will be running a taster session led by Victoria Brookbank. The aim of this session is to introduce you to Mindfulness, a course we hope to run at BoCo this autumn.

So, if you are feeling stressed at home or at work and would like to feel calmer, happier and more focussed come along and learn more about this approach. The training teaches you how to incorporate mindfulness into your life, enhancing your wellbeing and lowering stress.

To book please contact reception - the cost of the taster session is £10.

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## Leaving - but not altogether

As the summer draws to a close I bid farewell to the reception desk at BoCo. After five years of meeting, greeting and settling members in, I am returning to my former career as a teacher. However, you will still see me at classes, as yoga has become an integral and essential part of my life, as indeed has BoCo.

Working on reception, I have seen quite a few of you develop and grow, from the first moment you step through the door wondering if you're bendy enough, if there will be chanting, if you're wearing the right clothes or if yoga/Pilates is really for you, to watching you learn to do headstands and tripods; confidence gained on the mat carried out of the studio and into your lives. I have seen many of our female members through their pregnancy and been privileged to meet and cuddle their babies at Post-Natal classes. I am honoured to have shared moments of joy and sadness, heard stories of bravery and courage and seen people overcome problems big and small, and be considered part of the BoCo family.

My life has moved through many phases since I first joined, in 2010, stressed out, depressed and unable to lie flat or be still. The studio has provided a haven for me, a calm peaceful space where I could experiment physically and allow my emotions to flow without judgement and rediscover, through yoga, and many chats over coffee, the person I had lost through the busyness of life.

I am leaving my job at BoCo stronger, more flexible and more confident and more able to face what life throws at me with equanimity. Thank you all for being part of my journey and I look forward to continuing that journey with many of you at classes and outside the studio.

Namasté

*when your world turns upside down ..... join it!  
Niamh*



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## BoCo People

### Teachers

This term we welcomed back [Sally](#), who used to teach Pilates at BoCo on Monday evenings. She is now back teaching the Wednesday 1205 Enjoying Pilates class, so if you would like to join this class when it re-starts in September, do get in touch.

### BoCo Reception Team

We are sadly saying goodbye to Niamh as she leaves our admin team to return to the teaching world and Maya and I would like to thank her for all her help on Reception over the past five years. Happily Niamh is not leaving BoCo, and will still come to yoga classes.



Welcome to Akshara, who is studying Biomedical Science BSc at St George's University of London, and who joined our Reception team earlier this year.

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## And finally....

We are looking for a very special person to complement the Reception Team. We need someone who only wants to commit to a couple of shifts per week - one day time and one evening. It will perhaps suit someone who is studying but wants a few earning hours per week in their schedule without being over-committed time-wise. Ideal applicant would be over 18, happy to be a key-holder and someone who is organised and efficient. Previous experience is not essential. Duties would primarily be to answer the phone and book people into classes. There would be the option of extra shifts and covering holidays.

If you or someone you know is interested, please email [maya@boco-uk.com](mailto:maya@boco-uk.com).

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## Gift Vouchers

BoCo gift vouchers are always available from Reception and can be bought and paid for over the phone. Drop a hint to a friend or loved one if you'd like one bought for you!



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## Feedback

Please let us know if you change your phone number or email address so we can contact you regarding any change in class times or cancellations. We would also be pleased to receive comments and [feedback](#) about your experiences with yoga or Pilates, rave about the benefits of being a BoCo member or a particular class, workshop or teacher.

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Published by BoCo Yoga & Pilates, 6 Electric Parade, Surbiton, Surrey KT6 5NT