



# *Anouchka*

---

## **INTUITIVE BODYWORK**

Since learning bodywork with a Akha Tribe medicine woman in Thailand, I have worked all over the world privately and as a personal masseuse on film sets. I combine reflexology, massage, craniosacral work and alignment. Guided by intuition, I treat a myriad of problems and conditions from infertility to cancer, using reflexology as the starting point. No massage is ever the same - my treatments combine a reassuring mix of alternative theory with science and medicine.

## **YOGA**

Originally IYENGAR and Ashtanga Vinyasa trained, my classes are now tailor-made to the individual, with an emphasis on fluidity, presence and alignment. I offer one-to-one classes, groups and retreats around the world. In Wiltshire we practice in an elegant sandstone timbered loft conversion, one minute from The Beckford Arms.

## **GYROTONIC® Method**

The **GYROTONIC EXPANSION SYSTEM®** is a new concept in exercise, using hand-crafted equipment designed around the human body, with weights and pulleys creating a range of spherical movements to strengthen the body's core. It can be adjusted to suit any body weight and strength. Particular attention is paid to increasing flexibility in the spine, releasing tension in the upper body and improving co-ordination. Exercises are combined with synchronised breathing, which enhances aerobic and cardiovascular stimulation, promoting neuromuscular rejuvenation.

07956 313332