

# Ask the Specialists

Advertising Feature



Get fighting fit for spring at Hilary's yoga and Pilates classes.

## Hilary's yoga classes can take the strain

ARE you looking forward to spring or are you dreading the end of winter because you will no longer be able to hide beneath sloppy sweaters?

Are you plagued with aches and pains which never quite go away?

Would you like to improve your posture, strength and flexibility?

Then it's time you tried Hilary's yoga and Pilates classes - see details in the advertisement in this feature. Hilary will encourage you to strengthen the core or

"powerhouse" of your body, the area between the lower ribs and the hips.

The theory is that a strong centre supports and decompresses the spine, so posture improves.

The emphasis is on stretching. At first you do small movements and as you become strong enough to keep your back and pelvis in alignment, you gradually increase the range of movement in your arms and legs.

There is no straining or competition in classes and they all

begin with a run-through of the fundamental principles, especially 'listen to your body.'

Beginners and less able people can work comfortably alongside more experienced participants.

There is a wealth of explanation and demonstration and, at the end of each class, enjoy a wonderful guided relaxation. So you've nothing to lose but tension.

There is no need to book, just give Hilary a call on 01483 727805 if you need more information.

## Open up to Tai Chi

IF you are serious about reducing stress and improving your health then Tai Chi is for you.

This slow, gentle exercise art promotes good health by calming the mind and helping to relieve the tension of everyday life.

The sequence of moves that make up the Tai Chi form exercises the whole body, massaging the

internal organs while building suppleness and fitness gradually without any strain or effort.

These gentle movements make the form ideal for men and women of all ages and provide the practitioner with a calming effect, which Tai Chi has become so famous for, leaving one feeling warm, relaxed and energised. Muscle tone is

improved gradually without undue strain.

All the classes are run in a relaxed and friendly environment by teachers who are regularly assessed by Chief Instructor, Master Hine.

Recent medical research appears to support the belief that Tai Chi helps treat anxiety, blood pressure and back problems etc, while

helping to boost energy and the immune system.

Why not open the door to a new world - meet new friends and enjoy the soothing benefits of Tai Chi? Call 0845 1302269 for more details.

## Let Chloe turn on the style

**CHOBHAM Hair Studio has recently recruited a new stylist.**

Chloe Walker, aged 24, has nearly 10 years of hairdressing experience and has previously worked in Studio 101 in Horsell.

She is a fully-qualified stylist and has experience in doing wedding hair and hair up's and has previously got to the final of a Paul Mitchell colouring competition.

Chloe is also fully qualified in creative colouring and cutting, using Aveda colours which are 99% derived in a semi-permanent range and 97% derived in a permanent range.

Chloe has a strong

client base around the Woking area.

Chobham Hair Studio is giving its customers the chance to experience Chloe's expertise with a 50% off introductory offer on all hair styling.

**Fantastic**

Present the coupon at the bottom of the page to the salon's receptionist before March 31 to receive this fantastic offer!

The salon's opening hours are: Sunday and Monday, closed; Tuesday 9.00-5.30pm; Wednesday 9.00-8.00; Thursday 9.00-8.00; Friday 9.00-6.30; Saturday 9.00-5.30.

Call 01276 855585 or visit us at 2 Chertsey Road, Chobham, Surrey, to book an appointment.



Chloe Walker has joined the Chobham Hair Studio.

## Fascia is the place to visit

THE Fascia Place Ltd has seven local depots, including Camberley and Guildford, and all are open to trade and DIY enthusiasts.

The company's wide range of maintenance-free PVC and PVCu products is truly amazing and there is a multitude of colours available at all of its depots.

Fencing, cladding, polycarbonate sheeting, verandas and balconies with laminate flooring can also be supplied.

Telephone 01276 65498 to order or to find out more information about The Fascia Place.

You won't regret it.

The **Fascia** Place Ltd  
Quality Suppliers At Factory Prices!

\* Fascia, Soffit, Cladding \*

\* Guttering  
(All Styles & Colours) \*

\* Polycarbonate  
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Fully Installed \*

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[www.thefasciplace.com](http://www.thefasciplace.com)

**S UNISEX HAIR SALON**  
**SEBASTIAN**

• 25% DISCOUNT on first 2 visits for New Clients on Cut + Blow dries/ Colours/ Perms!

**MODELS WANTED**  
Sun / Mon - Closed  
Tues - Thurs 9am - 5.30pm  
Fri 9am - 7pm  
Sat 8.30am - 5pm

**NATALIE IS NOW BACK FROM MATERNITY LEAVE!** Next appointment must be booked in salon to receive 2<sup>nd</sup> discount offer. **Until 29<sup>th</sup> Feb 2008**

10 Creswell Corner, Anchor Hill, Knaphill  
Tel: 01483 476381

**PAUL MITCHELL**  
PROFESSIONAL SALON PRODUCTS

## Yoga Pilates

**BYFLEET:** St Mary's Church Hall, Church Road  
**Tuesday 10.00am**

**CHERTSEY:** Salesian School, Guildford Road  
**Tuesday 7.00pm**

**NEW HAW:** Fullbrook School, Selsdon Road  
**Wednesday 7.30pm**

**WEST BYFLEET:** Cornerstone Centre, St John's Church  
**Thursday 10.00am**

**Ring Hilary: 01483 727805**

## Tai Chi & Chi Kung

- ☯ DEVELOP GOOD HEALTH
- ☯ LOWER STRESS LEVELS
- ☯ IMPROVE POSTURE
- ☯ ENHANCES RELAXATION
- ☯ STRENGTHEN IMMUNITY

The gentle exercise art for ages 16+  
For your **FREE** information pack

☯ **0845 1302269** ☯

and leave your name and address with our operator  
Office open 9am - 5pm Monday - Friday Or visit / mail us at

[info@taichi-europe.com](mailto:info@taichi-europe.com)

[www.taichi-europe.com](http://www.taichi-europe.com)

**New Beginners Course**  
**WOKING ~ 19<sup>th</sup> February**



**Chobham Hair Studio**

**New Stylist Chloë**

10 years experience comes from Camberley

**SPECIAL INTRODUCTORY OFFER**  
to further her client base

**50%** reduction on all hair styling only

PRESENT THIS COUPON TO THE RECEPTIONIST ON ARRIVAL  
OFFER ENDS MARCH 31ST 2008

\* terms and conditions apply  
CLOSED SUN MON

TUE 9-5.30 WED 9-8 THURS 9-8  
FRI 9-6.30 SAT 9-5.30

we stock Aveda & GHDs **AVEDA**

**Tel: 01276 855585**

2 Chertsey Road | Chobham | Surrey | GU24 8NB