

WELLNESS WORKSHOP FOR GUT HEALTH

YOGA, LUNCH AND FERMENTATION DEMONSTRATION



Sunday 25th October 2026 at 11am - 3pm

The Elleray Centre, North Lane, Teddington TW11 0HJ

Cost £75

Nicole and Sam invite you to our wellness workshop for gut health. Our session begins with an all ability yoga session lead by Sam that explores poses and breath techniques that benefit our digestive health, while calming the nervous system.

We follow our active class with a nourishing lunch, freshly prepared by Nicole, giving us the opportunity to connect and socialise with our fellow wellness warriors while enjoying healthy gut sensitive food.

After our lunch, we will discuss gut health and Nicole will demonstrate some simple and delicious fermentation recipes, a healthy way to nourish our digestive system.

Finally we will take a short mediation and close our session together.



Contact : Sam 07090156982 / samtanyoga@gmail.com / www.samtanyoga.com

Nicole 07500955518 / nkielyspencer@yahoo.co.uk



Why is gut health important?

Gut health is important because your digestive tract and the trillions of microbes living inside it control major bodily functions. A healthy gut breaks down food, absorbs vital nutrients, supports a large part of your immune system, and communicates directly with your brain to influence your mood and energy levels.

How can fermented foods support a healthy gut?

Fermented foods are good for your gut because they contain live microbes and beneficial probiotics that add healthy diversity to your microbiome, improve digestion, and lower inflammation in the body.

How can yoga support a healthy gut?

Yoga supports a healthy gut by calming the nervous system through breath work, gently massaging the abdominal area with twists and compression, and improving blood flow to the digestive tract. This can help to ease bloating and constipation, and strengthen the communication link between your brain and your digestive system.



About Sam.....

Sam has been teaching for over a decade and is a fully qualified yoga and Pilates teacher offering classes in her local area of Hampton Wick and Teddington. Offering an inclusive style of yoga, marrying hatha and vinyasa styles, with elements of Pilates, to create a yoga flowing practice at a physically attainable pace. For more information about Sam please visit www.samtanyoga.com



About Nicole.....

Nicole has always loved cooking and healthy eating. She recently graduated from Ballymaloe cooking School in Ireland. A long time interest in nutrition and seasonal eating has led to a passion for fermenting which she is excited to share with everyone.

We can't wait to offer this workshop and hope you will enjoy practicing, learning and eating with us.

To book your place please email :

samtanyoga@gmail.com / nkielyspencer@yahoo.co.uk

