

Weekly classes in the Studio at The Pavilion

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15-7am							
8-8.45am		Practical Pilates Energise Cecilie: 07769 641886				Dynamic Vinyasa Yoga (8-9am) Ali: 07926 086429	
9.30-10.30am	MumFit (Beginners/Intermediate) Nicola: 07799 444343	Practical Pilates Evolve Cecilie: 07769 641886	Mum & Baby Yoga nickibulger@googlemail.com	Practical Pilates Evolve Cecilie: 07769 641886	MumFit (Intermediate/Advanced) Nicola: 07799 444343	Monthly Yoga & Breathwork (10am-12.30pm) kate@wellbeinginprogress.com	
11am-12pm	Equipoise Postural Fitness (11am-12pm) Tim: 07970 551982	Practical Pilates Restore Cecilie: 07769 641886	Tai Chi Heike: 07763 474397	Practical Pilates Restore Cecilie: 07769 641886	Friday Flow Yoga lukevalleyyoga@hotmail.com		
12.30-1.30pm	Yoga (all levels) Rachael: 0778060380	Female Strength Nicola: 07799 444 343					
1.45-2.45pm			Community Project (2-4pm)	Community Project (2-4pm)		Monthly Gong Sound Bath (2-4pm) lisa@soundwavesandwellbeing.co.uk	
3-4pm		Tai Chi Robert: 07831 869055					
4.15-5.15pm							
5.30-6.30pm	Broadway Boogie Lucy: 07930 100399	Pilates (beginners) Luci: 07970 833354	Flow & Restore Yoga (6-7pm) Ellie: 07712 720684	Pilates (mixed) Luci: 07970 833354	Breathwork (bi weekly 6-7pm) hello@vitaevi.co.uk	Plus FREE Community Health Group! Monthly on the 1 st Wednesday of every month. Contact Cecilie@chichestercdt.org.uk for details and to book.	
6.45-7.45pm	POWER Spin Class (6.45-7.30pm) Elaine: 07789 207514	Pilates (mixed) Luci: 07970 833354		Pilates (beginners) Luci: 07970 833354			
8-9pm	Modern Dance for Adults emmapizer@gmail.com	Commercial Street Dance Class Saff: 07834855464	'Strictly Fit' Dance class (7.30-8.30) Angela: 01243 776393				

For full details of classes, exact timings and an up to date timetable, please visit: thepavilionchichester.com/whats-on

Therapists at The Pavilion

COACHING

Cecilie Jacobsen
Certified Health Coach
Phone: 07769 641886
corecoachingforwellbeing.com

Claire Skaptason
Personal Development Coach
Phone: 07401 064334
www.oandotrainercoach.com

Candida Stevens
Life Coach
hello@coaching-to-confidence.com

TALKING THERAPIES

Caroline Allan
Humanistic Psychotherapeutic Counsellor
Phone: 07823 931773

Nicky Bond
Counsellor
bondnicola@icloud.com

Jasmin Boyt
Mental Health Clinician
Phone: 07760 886552

Marie Claridge
Humanistic Counsellor BA
Phone: 07512790807

Shanti Cussans
Counselling
Phone: 07926 536302

Jenny Dark
Integrative Counsellor
jennydark@proton.me

Tim Gibson
CBT Talk Therapist
timgibsontherapy.co.uk
tim@timgibsontherapy.co.uk

Dr Hannah Graydon
Counselling Psychologist, PsychD, BSc.
Phone: 07817356615

Julie Neale
Integrative Child and Adolescent
Psychotherapist
Phone: 07745 301959

Hannah Sillence
Children's Counsellor
hannah.sillence.counselling@gmail.com

Flora de Quincey
Psychotherapeutic Counsellor & Reiki Master
Phone: 07779 309 309
floradequincey.com

OTHER THERAPIES

Lorna Clansey
AMATSU Energy Therapist
lorna@lornaclansey.com

Kate Delaney
Clinical Hypnotherapist & Mindfulness Coach
Phone: 01243 766653
harbourhypnotherapy.co.uk

Kate Hills
Specialist Respiratory Physiotherapist
kate.hills@living-well-respiratory.co.uk

Sal Gordon
Cognitive Hypnotherapist, NLP Practitioner
sal@salgordon.com
salgordon.com

Rebecca Johnson
Homeopath
www.theinnerhealthpractice.co.uk

Natasha Lucking
Chinese Medicine Acupuncture, Reflexology,
Aromatherapy Massage
n.lucking@hotmail.co.uk

Andy Matthews
Osteopath
andy.matthews501@gmail.com
Phone +447855767229

Skylight Psychiatry
Autism, ADHD and Mental Health Specialist
help@skylightpsychiatry.co.uk

BEAUTY & MASSAGE THERAPY

Leah Jones
Electrologist – Permanent hair removal
Phone: 07434 865389
www.portsmouthelectrolysis.co.uk

Chantelle van Vliet
Massage and Beauty Therapist, also offering
pioneering LED light therapy
Phone: 07976 456762
www.chantellevanvliet.co.uk

Outdoor classes at Havenstoke Park

Saturdays & Sundays
from 9am

Chichester Colts Football

Danny Mogg – 07919 598411

Saturdays 10am–12pm

Park Friends Action Group

community@chichestercdt.org.uk

Saturdays from 10am

ParkPlay

Park-Play.com/park/chichester