

# BARRE FUSION

A signature blend of barre & mat movement fused with breathwork, all guided by a curated soundtrack. Designed and led by professional musician Erin.

An active French horn player in top orchestras in the UK and North America, Erin uses her musical background to bring a fresh take on moving, breathing and feeling.



DISCOVER WHAT RESONATES WITHIN  
YOU THROUGH MUSICALLY-GUIDED  
BODY & BREATHWORK



BOOK WITH RECEPTION OR  
CALL 01335 300900



## TUNE IN

TO YOUR INNATE RHYTHM

**1 hour Private Sessions available:**

For one ~ £85

Up to four ~ £65 per person

(for groups of 5 or more please

email Erin

([erin@barrebybarre.com](mailto:erin@barrebybarre.com)).





## IN HARMONY

### BREATHWORK

Helps to regulate the nervous system, enhance oxygen flow to the body, clear blockages in both body & mind and release emotional tension.

### RESTORATIVE MOVEMENT

Enhances self-awareness, improves balance, alignment & flexibility and fosters a sense of connection.

### MUSIC THERAPY

Alleviates stress and anxiety, regulates mood, helps to explore emotions, improves co-ordination & motor skills promotes bonding with others, and enhances the immune system.

## ERIN

As a professional French horn player and classically trained singer, Erin is perfectly poised to introduce breath and core work. A natural coach, she is passionate about the whole-body experience and the therapeutic and transformative power of music, using her musical mastery to pair each movement with the perfect soundtrack.

**BREATHE**

**MOVE**

**RESONATE**

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## WHAT TO EXPECT

Music has the power to affect our well-being, having a profound effect on our emotions and behaviour. Barre Fusion is choreographed to a carefully curated soundtrack, guiding you from introductory musical breathing practices, through a series of low-impact movements using the barre and mat, to a state of tranquility after a meditative floor and breath work session.

*Adaptations are given to suit everyone's abilities.*



### PRIVATE GROUP SESSIONS

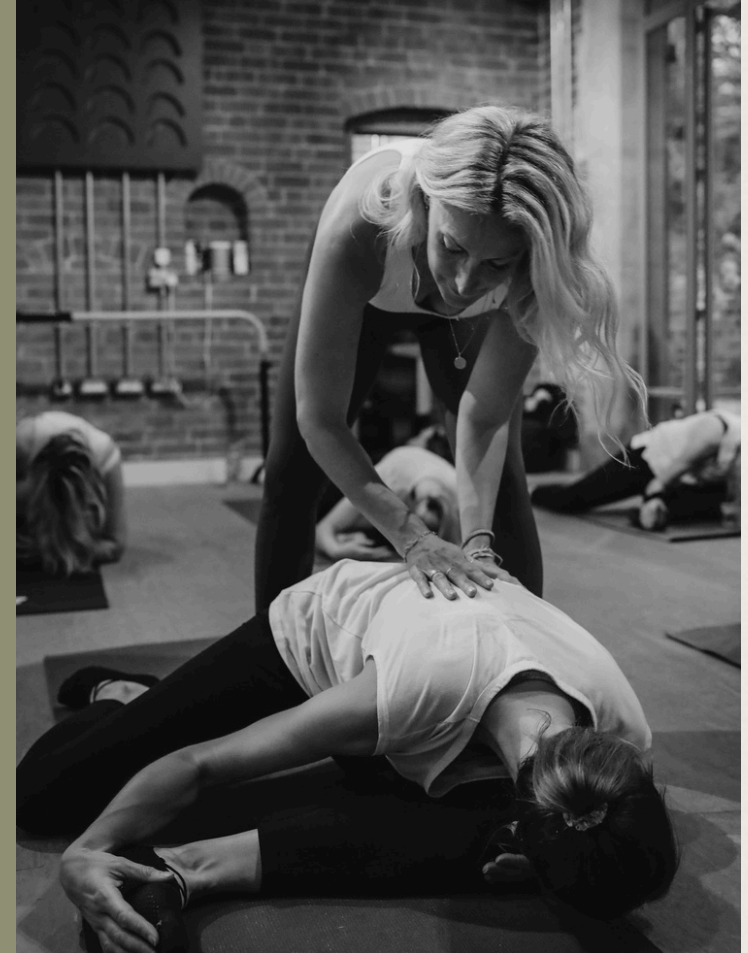
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#### What to wear/bring

- Mats and additional equipment provided
- Yoga attire
- Yoga socks with grip or bare feet

\*Not advised for those with major knee or back issues or those who are pregnant

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