



Harmony Centre News



The perfect setting for healing, learning and development

Summer 2007
No. 4

Now that summer is really here, most of us often find our health problems improve and we want to get out and about; a little warmth and sunshine goes a long way! So, we've kept this issue of the newsletter brief and yet packed full of information.

There have been a number of small changes at the Harmony Centre over the past few months which will have a positive impact on visitors and users. The most noticeable to those either phoning or dropping in is that we have receptionists at the centre all day on Mondays, Tuesdays and Thursdays, and also on Friday mornings. Receptionists Tricia, Lucietta, Val and Janet are there to help you with your enquiries and to book treatments for

you with any of the centre's practitioners. Please note, that there is a nominal "lunch break" at the centre between 1pm and 2pm, so you may find the phone unmanned at this time. Over the next few months there will be other changes to the reception area, making it more user-friendly.

In the autumn, as well as a fresh start to bodywork classes (see box below) and Thursday evening events, there are new diploma courses running over some weekends at the centre. We are extremely pleased to be able to host these courses. Do get in touch with the organisers if you are interested in attending. See overleaf for details. Enjoy your summer!

New Faces at the Centre

Caroline Shepherdson Five Element Acupuncturist

Caroline has qualified from SOFEA (School of Five Element Acupuncture) in London and is also a trained NADA (National Acupuncture Detoxification



Association) practitioner, working with people with drug and alcohol addiction. More recently, Caroline has trained in Warwick in facial revitalisation techniques to help slow down the signs of facial ageing.

Caroline will be working at The Harmony Centre on Saturdays as well as Tuesday evenings. Contact her on 07785 322 859 or email caroline@purelyacupuncture.com

Tanya Bradbury (MIFA, MVI)

Tanya has been a practitioner of complementary therapies for 20 years. Her work as an aromatherapist and beauty specialist cultivated a strong interest in natural healing and herbal remedies.

Through her practice of Transcendental Meditation, she was introduced



to Maharishi Ayurveda and found it to have a profound affect on her health and well-being, so in 1999 she spent eight months training at the MAV University in Russia and qualified as an Maharishi Ayurvedic Health Consultant. She is also a registered ITEC tutor, taught massage for Oaklands College in Hertfordshire for eight years, and piloted an ongoing massage study for MENCAP in Hertfordshire.

For three years she was based in Notting Hill Gate, and then moved to Laxfield, Suffolk, setting up her business in The Swan Hotel, Southwold. Tanya will be working at The Harmony Centre on Thursdays.

Tricia Maguire MA MAR

Tricia Maguire has joined the team of practitioners at The Harmony Centre as a Reflexologist. Readers may know Tricia already, as she has been working part-time as Receptionist at The Harmony Centre for two and a half years.

She is a Member of the Association of Reflexologists, having trained at Life Force in Colchester, and looks forward to meeting new clients and giving them the chance to balance their body systems, as well as mind and spirit, through massage treatments of the feet.



Practitioners

Alexander Technique

Pauline McBride

Aruvedic massage, Aromatherapy, Rhythmical Massage

Tanya Bradbury

Chiropractic, Cranio-Sacral Therapy

Paul Parolin

Health Kinesiology

Frances Arnold

Holistic Massage Therapies

Alice Eastaugh

Homeopathy

Please phone centre for information

Psychotherapy, Hypnotherapy, Counselling

Tim Mills and Marian Mills

Psychosynthesis-Psychotherapy

Sue Holland

Reflexology

Alice Eastaugh, Tricia Maguire

Shiatsu, Indian Head Massage

Trish Dent

Sports Massage

Wendy Kersey

5-Element Acupuncture

Caroline Shepherdson

Bodywork Classes

Chi Kung

Cindy Engel 01986 873997

Pilates

Julie Mower 01986 798845

Mind your Body Class

Trish Dent 01394 610959

Yoga

Please phone centre for information

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The Harmony Centre, Walpole, Halesworth IP19 9BB

info@theharmonycentre.com Please also visit www.theharmonycentre.com

THURSDAY EVENING TALKS & DEMONSTRATIONS

All are welcome to the centre's Thursday evening events, 7.30 - 9.45 pm
There is no charge but donations for refreshments are appreciated

14th June Working with Low Spirits

Interactive and inspirational evening
with Barbara Marsh, Louise Hay teacher.

21st June The OK Corral

The principles of Transactional Analysis (T.A.) for those who enjoy becoming self aware and pulling their own strings.
With Val Burnham, T.A. teacher

28th June Colour, Sound, Odour, Emotion

Explore your own Element, with the theories of Five Element Acupuncture.
Caroline Shepherdson, 5 Element Acupuncturist, with Johanna Murray.

5th July The Palace of Possibilities

Sometimes affirmations are not enough. E.F.T. can help you to discover what is holding you back and release it. Marian Mills, hypnotherapist and counsellor.

12th July What is the Erasmus Foundation?

An illuminating evening with speakers from the Laxfield centre, with meditation.

19th July Asian Adventure

A visual/spiritual (PowerPoint) travelogue with Alice Eastaugh and a Summer celebration to end our Summer season.
Please bring food of an Eastern flavour to share!

A new season of talks and demos will begin in September.

The centre would like to thank Johanna Murray and Adam East for their dedication in organising and hosting these events.

Diploma Courses

Diploma in Hypnotherapy, Psychotherapy & Counselling Skills Beginning 22-23 September 2007

Use the skills of hypnosis as an effective part of a wide therapeutic approach. Understand how we can work with a person's natural drive towards health and well-being and to use the most valuable resource which is the therapeutic relationship itself. Hypnosis, when used as a tool within counselling and psychotherapy, can enhance a person's motivation, change their patterns of belief and thoughts, analyse underlying reasons for unwanted behaviour, stop self sabotage and provide a new framework for life. Our integrated approach is one that supports holistic practice and can easily be combined with other therapies. For further details, see our website www.thestillpoint.co.uk or contact

Tim or Marian on 01502 722538.

Homeopathy and childhood

In conjunction with The Society of Homeopaths Awareness Week on Vital Childhood, Karen Preece is offering advice sessions on childhood health.



Homeopathy can be used to treat a vast range of physical and emotional conditions, such as arthritis, anxiety/stress, hormonal imbalances through to chronic fatigue syndrome and insomnia. Homeopathy is safe and without side-effects and integrates well with traditional medical treatment.

Karen Preece is available every Monday for consultations, or other days by prior arrangement, at The Harmony Centre.

Make an appointment with reception at the centre, or call Karen on 01379 586668 if you would like to discuss whether homeopathy might suit you.

Weekend Workshop

A Taste of Vibrational Medicine 16th September A one day workshop with Catherine Keattch

This workshop provides participants with an opportunity to explore the basics of Vibrational Medicine and the transformational power of Flower, Gem & Crystal essences. A fun informal day in which there will be plenty of opportunity for questions and lots of essences to work with - everybody welcome, no experience necessary. This workshop would also be an ideal introductory day for those interested in finding out more about the CVM diploma course (see information on this course on the right of this page).

Tel Catherine on 01379 890496 or email info@collegeofvibrationalmedicine.co.uk

College of Vibrational Medicine Diploma Course Beginning 27- 28 October 2007 with Catherine Keattch

This is a two-year part time diploma course in Vibrational Medicine, with a focus on Flower, Gem & Crystal Essence therapy. Well established and affiliated to the ICM, the course offers students life-changing opportunities for personal and spiritual growth alongside in-depth practitioner training. Students are offered all the help and support they need to become professional practitioners as well as ongoing support through the CVM Practitioner Association. More information on the course can be found on the College's website: www.collegeofvibrationalmedicine.org.uk or by contacting Catherine on: 01379 890496. email: info@collegeofvibrationalmedicine.co.uk

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