

Harmony Centre News

The perfect setting for healing, learning and development

Spring Summer 2017

No. 30

Editorial by Paul Parolin DC CST

As we kick off 2017 with our 30th newsletter the sun is shining and spring is springing. I hope it's still warm and bright whilst you're reading this issue. We have some great articles which I won't paraphrase them but let you discover for yourself. Enjoy! Needless to say the Harmony Centre is still going strong after 16 years. We have great teachers and therapists, newish faces and a few oldies here to help those of you who decide to take responsibility for your own wellbeing by choosing to use natural, drug free approaches to living full and balanced lives.

Please note:

The views expressed in this Newsletter are not necessarily those of The Harmony Centre. Anyone seeking health advice should consult a qualified practitioner.



A Way in Two Worlds by Liz Hills BA(Hons), Dip. Couns, MBACP, Certificate: Centre for Psychological Astrology

21 March 2017: Early start with a run along Sizewell beach and I am in awe of the deposited and abundant sea-gooseberries or comb-jellies I saw for the first time. I felt all the elements: Sun = fire, wind = air, beach = earth and sea = water; these elements are a key feature in astrology. In the sky, I observed the angle of the sun and moon to each other and angles of the sun, moon and planets to each other are an important part in interpreting astrology. Astrology is about man's perception and is geocentric, i.e. it starts from humanity's window, Earth. When we say the Sun is in Aries (20/21 March Spring Equinox until 20 April), what we mean is, the sun, from Earth appears to pass through the zodiacal sign of Aries. Astrology is about patterns and cycles, and these can help us to understand and work with nature's rhythms and our own.

As part of the astrology workshops I am running, I have linked up mythology, astrological symbolism with modern day psychological interpretations of the personality. Myths are the stories people tell to explain nature, history and customs and in Greek mythology, planets were revered as Gods. Apollo, the Greco-Roman Sun god, traversed the zodiac in his golden chariot bringing up the sun each day to bring light and warmth to all the crops, all the people and everything on earth. Film is modernity's equivalent to myth. I recently watched the film "Interstellar" (you should probably stop reading this article if you haven't seen the film and want to!)

and enjoyed the precept how love can permeate dimensions. I believe that astrology originates from a place of love and is a form of communication system left by humanity for humanity; its essence has existed for millennia. Workshops run independent to each other. How many workshops you attend is flexible and you don't need to commit to all 7. For dates, prices and details visit www.awayintwoworlds.co.uk



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The Harmony Centre, Walpole, Halesworth IP19 9BB www.theharmonycentre.com info@theharmonycentre.com

There Is More to Chiropractic Than You Think

by Paul Parolin DC CST

When asked "What is chiropractic?" most people will answer "Oh they fix backs." "They treat back pain." or "They crack backs don't they?" These answers aren't incorrect but they do not tell the whole story.

Recently I was talking with a client who sees me with back problems from time to time. At that time she was pregnant and due to give birth soon. Her baby had adopted the breech position which would have made giving birth difficult for both of them, or perhaps a caesarian section birth. The mother was wondering if there was anything I could do. My response "I may be able to help."

Often a baby can be impeded from assuming the best position for birthing because the mother's pelvis is misaligned and pelvic ligaments become unbalanced. There is a technique which is quite gentle yet very effective at realigning the pelvic bones and balancing the ligaments so that the baby is then able to slip into the head down "engaged" position for giving birth.



My client had her baby about a month ago and everything went well. Her little girl turned during their second visit to the Harmony Chiropractic Clinic and she was born a week or two later.

My reason for writing this, there is so much more to chiropractic than fixing backs. That is why our clinic is called a "Family Chiropractic Clinic." Other conditions we see are headaches (associated with neck problems), stiffness and immobility, some arthritic conditions and much more.

The problem we face when telling people about what we do is that without clinical evidence, which can cost millions to gather, we cannot advertise it. One condition we can now talk about is colic in babies. I have been treating colic successfully for many years but until recently there has been no evidence to support my claims. Recent research now supports chiropractic as a suitable treatment for infantile colic. There is so much more to chiropractic than you think.



EMDR by Vanessa Murphy adv.di UKCP

PROMISES TO BE THE THERAPY OF THE FUTURE

EMDR is a specific psychotherapy that enables people to heal from the symptoms and distress that can result from life's troubling experiences. It can be helpful in the recovery, and the ability to move on, from traumatic experiences. These experiences may vary in severity from events such as childhood abuse, suffered over many years, to performance anxieties.

FOR MORE INFO CONTACT VANESSA MURPHY ON
07961 135072 OR 01502 578162 EMAIL vanessaamo@me.com
www.vanessa-murphy.co.uk



Regular Classes & Courses at the Centre

Tuesdays
9.30 - 11am
7 - 9pm

**Yoga
MBRS**

Tanya Bradbury
Vanessa Murphy

on rolling
Mindfulness Based Stress Reduction
8 week course next start dates April 25th 2017
then Autumn 2017

Wednesdays
Morning
6.15 - 7.45pm

**Pilates
Qigong**

Kim Harket
Sara Lasham

on rolling school term times
on rolling

Thursdays
1 - 2.30pm
6.30 - 8.00pm

**Qigong
Yoga**

Sara Lasham
Tanya Bradbury

on rolling
on rolling

2nd Fridays
Of the month

Group Meditation Vanessa Murphy

Weekends
Saturday

Astrology Workshops Liz Hills

Workshops run independent to each other. Attendance is flexible.
For all dates & details see website. Starting 8th April

Saturday & Sunday
9 weekends 1/month

Massage Level 3 Diploma Course (ANM) Ana Wilkinson
Course starting 20/21 January 2018 see website for rest of the dates

The Benefits of Yoga

The term Yoga is something most of us are all familiar with today; however it is much more than a form of gymnastic exercise or a distant philosophy. It is the science of right living, designed to be incorporated into daily life, which helps to develop the full potential of the individual. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual.



The word Yoga means unity, or oneness. This unity is described in spiritual terms as the union of the individual consciousness with the universal Consciousness. On a more down to earth level, yoga is a means of balancing and harmonizing the body, mind and emotions. This is done through the practice of posture (*asana*), breathing exercises (*pranayama*), positions (*mudra*), locks (*bandha*), purification regimes (*shatkarma*) and meditation. Listed below are just some of the physical as well as mental and spiritual benefits of Hatha yoga:

The physical benefits: Creates a toned, flexible, and strong body. Improves respiration, energy, and vitality. Helps maintain and balance the: nervous, muscular, skeletal, endocrine, digestive and immune systems. Promotes cardio- and circulatory health. Relieves pain. Helps you look and feel younger than your age. Improves your athletic performance.

The mental benefits: Helps you relax and handle stressful situations more easily. Teaches you how to quiet the mind so you can focus your energy where you want it to go – into a creative endeavor, on the tennis court or golf course or in the office. Encourages positive thoughts and self-acceptance.

The spiritual benefits: Increases inner awareness of your mind and body; the world around you and the needs of others. Helps you live the concept of 'oneness', providing a means for the individual to find their own way of connecting with their true selves.

Perhaps above all, yoga is highly enjoyable, both as a personal practice and a group activity.

Tanya Bradbury is a Hatha Yoga teacher, massage practitioner and Ayurvedic health practitioner who trained in India. Tanya currently runs six week Yoga courses at The Harmony Centre, continuously throughout the year, on Tuesday mornings and Thursday evenings. Her classes are for beginners and improvers. She is registered by Yoga Alliance UK.

Ayurveda teaches that each of us is a combination of all three doshas, but one predominates. When all three doshas are in balance we enjoy good health, but when this balance becomes disturbed, then loss of happiness and eventual ill health is the result.

A balanced vata person has a clear, alert mind, is enthusiastic, creative and vital. But out of balance they get easily tired, restless and anxious, prone to worry and insomnia. Fear, grief and fasting all aggravate vata, as do cold weather, cold foods and skipping meals.

Balanced pitta people are achievers: ambitious and focussed with a soft lustrous skin, good digestion and keen intellect. But once out of balance, they can be prone to heartburn or hyperacidity, skin rashes, premature greying or loss of hair, plus impatience or anger. Too much heat, strong sunshine, spicy food and alcohol will irritate them.

Balanced kapha types at first sight may seem the most attractive personalities – relaxed, easy going, strong, stable and calm. But once out of balance, kapha can manifest as a tendency to be lazy,



Therapies and Practitioners

Acupuncture	Sue Hooker
Aromatherapy	Tanya Bradbury
Astrology	Liz Hills
Ayurvedic Consultation	Tanya Bradbury
Ayurvedic Marma Massage	Tanya Bradbury
Chiropractic	Paul Parolin
Counselling/Psychotherapy	Sue Prendergast Sue Roberts Paul Parolin
Craniosacral Therapy	
Deep Relaxation	
With Hypnotherapy	Suzanne Mann
Easibirthing®	Sarha Newman
EMDR	Vanessa Murphy
(Eye Movement Desensitisation Reprocessing)	
Foot Care	Jane Parker
Healing: Reiki/Spiritual	Paul Eagle Suzanne Mann Judith Samuel Ana Wilkinson
Health Kinesiology	
& Allergy Testing	Frances Arnold
Holistic Massage	Ana Wilkinson
Homoeopathy	Peter Healey
Hopi Ear Candling	Judith Samuel
Hypnotherapy	Paul Eagle Suzanne Mann Judith Samuel
Indian Head Massage	Suzanne Mann
Life Coaching	Ana Wilkinson
Lymph Massage	Paul Eagle
NLP	Suzanne Mann Zuzana Tillner
Osteopathy	Paul Eagle
Past Life Regression	Sue Hooker
Physiotherapy	Judith Samuel
Reflexology	Tanya Bradbury
Rhythmic Body Massage	Cindy Engel
Shiatsu	Tanya Bradbury
Shirobhyanga	Suzanne Mann
Stop Smoking for Life	Ana Wilkinson
Thai Massage	
The Art of Being Present -	
Breema	Ana Wilkinson
Weight Management	Suzanne Mann

inflexible, stubborn and dull. Weight gain is also a problem. Out of balance kaphas also have a tendency to suffer from asthma, bronchitis, sinusitis and colds. Whatever our particular dosha type, we will all benefit from adopting a good routine, regular meals with unprocessed food, exercise and getting enough rest. But in addition, Ayurveda prescribes organically prepared herbal remedies, delicious oil massages and a powerful stress-busting meditation, and you are also given effective lifestyle tips tailored to your specific dosha. By attending to the mind, body and spirit of each individual, Ayurveda redresses physical and emotional imbalances and a happier, healthier and more successful life is the natural outcome. Tanya also offers Aromatherapy, Marma Massage and Shiobhyanga. Her massage treatment and Ayurvedic consultations are available all week by appointment only. Tanya 01986 798644.

Daily Mindfulness by Vanessa Murphy adv.di UKCP

It's always recommended to try to dedicate some time to practice and explore mindfulness. You might spend five minutes or five days and it doesn't really matter in the beginning as something is better than nothing. However the more you are aware and the more practice you give it, the more you can learn and consequently the more insight and understanding can be gained. Long term practice gets the best results as the more subtle insights and realizations are dependent on seeing as many experiences or facets of the body and mind as possible, but also often appear unexpectedly. Set yourself challenges and try to do it for the entire day from getting up, showering, dressing, cooking, eating, using the bathroom, doing housework or whatever duties you do during your day, up until the moment you fall asleep. You can spend a few days or weeks even if time permits.

Ideas for daily mindfulness

When you first wake up in the morning before you get out of bed, bring your attention to your breathing. Observe 5 mindful breaths.

Notice changes in your posture. Be aware of how your **body**



and mind feel when you move from lying down to sitting, to standing, to walking. Notice each time you make a transition from one posture to the next.

Whenever you hear a phone ring, a bird sing, a train pass by, laughter, a car horn, the wind, the sound of a door closing – use any sound to be like the bell of mindfulness. Really listen, being present and awake.

Throughout the day take a few moments to bring your attention to your breathing. Observe 5 mindful breaths. Whenever you eat or drink something, take a minute and breathe. Look at your food and realise that the food was connected to something, which nourished its growth. Can you see the sunlight, the rain, the earth, the farmer, and the trucker in your food? Pay attention as you eat, consciously consuming this food for your physical health. Bring awareness to seeing your food, smelling your food, tasting your food, chewing your food, and swallowing your food.

Notice your body while walking or standing. Take a moment to notice your posture. Pay attention to the contact of the ground under your feet. Feel the air on your face, arms, and legs as you walk. Are you rushing?

Bring awareness to listening and talking. When listening can you listen without agreeing or disagreeing, liking or disliking, or planning what you will say when it is your turn? When talking can you just say what you need to say without overstating or understating? Can you notice how your mind and body feel?

Whenever you are waiting in a queue, use this time to notice standing and breathing. Feel the contact of your feet on the floor and how your body feels. Bring attention to the rising and falling of your abdomen. Are you feeling impatient? Be aware of any tightness in your body throughout the day. Breathe into them and as you exhale let go of excess tension. Is there tension stored anywhere in your body? For example, your neck, shoulders, stomach, jaw or lower back. If possible stretch or do yoga or chi gung once a day.

Focus attention on your daily activities – such as brushing your teeth, brushing your hair, washing up, putting on your shoes, doing your job. Bring mindfulness to each activity. Before you go to sleep at night, take a few minutes and bring your attention to your breathing. Observe 5 mindful breaths. Most importantly be kind to yourself with heartfelt compassion.

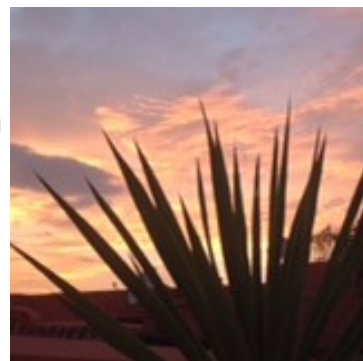
Counselling by Sue Roberts Couns, MBACP

Anxiety and Depression are far more common than people realise. Luckily people these days are much more prepared to admit to feeling low or anxious and more ready to look for help and advice.

The two conditions have different symptoms. Anxiety can make even the simplest things feel like mountains to climb and can involve unpleasant panic reactions. Depression can stop you living a normal life - nothing seems worth the effort and you feel as though you have no energy.

Sometimes the causes are in your life - job, family, relationships or perhaps too much of everything. Events from the past can also be a problem - things that haunt you that you can't sort out for yourself.

Counselling can give you a way of making sense of many of these problems. You'll be listened to, respected and helped to find a way through so that life becomes easier. Why not try it? 'free half hour session' To book ring 07954 358015 or ring the centre.



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