

# Sept - October 2018 Community Wellbeing Newsletter



## What's On?

**Open Day!** Saturday 29<sup>th</sup> September. All day! Keep the date plus come in between 11am-1pm for a free Touch for Health balance as part of the World wide Balancathon in the heart meridian time. Talks, mini – treatments, chats with practitioners and course providers. PLUS YO1 Radio presenters: Dougie Weake and Catherine Hague from 11:00 to 13:00. Part of the 50 + Festival but all ages welcome.

**ART EXHIBITION until end September** in OUR Lobby: Rukshana Afia, local artist in ceramics and felt.

She says: “My first love is clay and my second felt which has led me to explore other possibilities in 2D hence the drawings and collages.”



## Weekends:

**Spiritual Sundays York** is a monthly group running on the last Sunday of the month. If you are interested in any of the following then this may be for you! Angels, Auras, Crystals, Law of Attraction, Energy healing, Power Animals, Reiki, Access Bars, Meridians, Meditations. £3 donation covers refreshments. Sunday 26<sup>th</sup> August & Sunday 30<sup>th</sup> Sep. 18:00 – 19:30. Please contact Lindsay at [nrghealingyork@gmail.com](mailto:nrghealingyork@gmail.com) to book.

**Introduction to Crystals** Do you want to know how to use crystals in your daily life to feel calmer? To help you focus? To attract love? To feel more energised? To feel grounded? Come and learn how to choose and cleanse your crystals. How to use crystals to balance your chakras, How a crystal wand works. Contact Lindsay: [nrghealingyork@gmail.com](mailto:nrghealingyork@gmail.com) or on 07906 156568.

**Awakened Bellydance Taster Sessions** with Samantha Stubbs: Saturday September 8<sup>th</sup>. 10:00 – 13:00 **Step into your truth** - A guided transformative journey through dance, movement, breath, music and art-making. Initiate growth through self love and compassion, letting go of restrictions and fears. Be supported in peeling your layers of protection and releasing your stories to reveal something beautiful: your authentic and beautiful Inner Goddess. Contact Samantha at [karunatribalbellydance@gmail.com](mailto:karunatribalbellydance@gmail.com) [www.magicalvision.uk](http://www.magicalvision.uk) for more information or to book your place.

**Touch for Health:** Touch for Health Introduction – booking now for a sample of Touch for Health Self – Help Techniques. For more details contact June. Once a month on Saturday afternoons: Next one is Saturday September 15<sup>th</sup>, October 13<sup>th</sup>. Come and find out about kinesiology and get balanced. Free to guests, £10 for Touch for Healthers. Contact June Tranmer 07932 163602 or [june.tranmer@gmail.com](mailto:june.tranmer@gmail.com)

**Sound Therapy Sessions** with Craig Eddington of Soulshine, Professionally Trained Sound Therapy Practitioner - The British Academy of Sound Therapy  
Craig Eddington: Dip. GST (BAST) PL.Dip.ST (BAST)

**Gong Relaxation Sound Baths:** Next one is Friday 7<sup>th</sup> September. 19:00 – 20:00. A fantastic session for leaving behind life's stresses. Allow the gentle and captivating tones of the Gong and other instruments to lull you into a state of deep, restorative, relaxation. There are proven health benefits associated with a Gong Relaxation. Sessions are once a month and at only £10 per person are a very affordable way to look after your health and general wellbeing. Contact Craig on 07804 088663 or email: [craig@soulshine.life](mailto:craig@soulshine.life) or on facebook [www.facebook.com/gongsoundbath](http://www.facebook.com/gongsoundbath) or see what other people are saying: [www.soulshine.life/testimonials](http://www.soulshine.life/testimonials)

**Meditation** with Brahma Kumaris – contact Nirmala Ragbir Day – 07777 690371 email: [york@brahmakumaris.org](mailto:york@brahmakumaris.org) Come and join us on the third Sunday of every month from 18:30 – 19:30 to meditate. During this hour there will be silence, music, time for reflection and some commentary. Free.

## **Weekly classes, courses and workshops:**

**Singing for Fun:** Do you enjoy singing? Do you want to meet others who enjoy singing? Come along on a Tuesday morning from 10:00 -12:00 and have a sing-along with Richard. Purely for fun! Next group starting on September 25<sup>th</sup>. Free Taster on Tues Sept 18<sup>th</sup>. Book through York Learning 01904 552806 or email [york.learning@york.gov.uk](mailto:york.learning@york.gov.uk)

**Seated Pilates:** with Joanna Ingerson. This seated Pilates class is for those with physical limitations and others who struggle with mat routines, and is designed to improve mobility, flexibility and strength. Next group starting again Tuesday September 18<sup>th</sup>. For more information contact Joanna Ingerson on [joanna.ingerson@gmail.com](mailto:joanna.ingerson@gmail.com) or to book via [york.learning@york.gov.uk](mailto:york.learning@york.gov.uk) or phone 01904 552806

**Mat Pilates:** with Jo Stewart on Mondays, Tuesdays, Wednesdays. NEW – Beginners Class starting on Wednesday September 19<sup>th</sup>. Jo has been teaching Pilates for 17 years and a further 8 years before that in the fitness industry. Jo says: Patience, persistence and understanding of your own body are vital to developing and achieving your own goals. To ask about availability in Jo's classes on Mondays, Tuesdays and Wednesdays call: 07763 196205 or email: [jostewartyork@yahoo.co.uk](mailto:jostewartyork@yahoo.co.uk)

**Arts Barge Creative Arts Therapies:** Registered Arts Psychotherapists working with individuals and families by using art-making to help them think about feelings and difficulties within a confidential therapeutic relationship. Contact Hannah West – 07932 566182 email: [therapies@artsbarge.com](mailto:therapies@artsbarge.com)

**Action Dao: Physical, Spiritual, Warrior Energy System** with Iain Keegan. Six weeks beginners course, starting Thursday Sept 20<sup>th</sup>. Tai Chi, Dao Yin Breathing Exercises, Kai Men Chinese Yoga. Thursdays 17:15 – 18:15, contact Iain on [iain.keegan@gmail.com](mailto:iain.keegan@gmail.com) or 07852 881937 to book.

**Mental Health Peer Support Group:** Meeting monthly from 16:00 – 18:00 on the first and third Tuesday of the month. Check out their Facebook page or visit [yor.peeryork@gmail.com](mailto:yor.peeryork@gmail.com) for more info or to let them know you want to come along.

**Just Relax: Sherrie Wood:** Relaxation Sessions: **Just Relax- Kids and Adults Relaxation Sessions.** Includes yoga based stretches, self massage, breathing exercises, positive affirmations and deep relaxation/visualization. To book either the kids or adults session please contact Sherrie at [relaxkidsyork@outlook.com](mailto:relaxkidsyork@outlook.com) or visit her Facebook page Relax Kids York with Sherrie

**5 Rhythms :** Occasional workshops with Eliza Bouwens. For more details contact Eliza on 07556019816 or email [5rhythmsdancingheart@gmail.com](mailto:5rhythmsdancingheart@gmail.com)

**Yin Yoga:** with Dawn Elizabeth Yoga is a floor-based yoga, suitable for almost all levels of students. Yin targets the deeper tissues of the body, including the joints and connective tissue & leads to a calming meditative state of mind. With time and practice Yin Yoga leads to increased flexibility both of the mind and body. Thursday mornings 09.30-10.30. Starting September 6th, 2018. Tel 07598 359217 Facebook: @dawnelizabethyoga

**Action for Happiness: Exploring what Matters:** Starting on Wed Sept 12<sup>th</sup> and going through to Wed Oct 31<sup>st</sup>. This class is now fully booked but if you are interested in attending in the future, contact Hannah Hopper for more info, on [miss.hkh@hotmail.co.uk](mailto:miss.hkh@hotmail.co.uk)

**Friday Film Night is Back!** Starting on Friday September 14<sup>th</sup>, 19:00 – 21:00, Free to Memberd of the Friends of The Healing Clinic and Friends of Briar House – interesting and unusual films, with popcorn. Let us know if you are coming, so we know how many chairs to put out! Donations towards our Development Fund.

**Space to Sew:** With York Nuturing Community, on Mondays from 12:30 – 3:30. Contact Emily for more info on: [emily@ync.org.uk](mailto:emily@ync.org.uk)

**Gentle Hatha Yoga:** with Lynda Murphy, starting on September 27<sup>th</sup>, at 12:00. Contact Lynda for more info and to book your place: [lyndamurphy@btinternet.com](mailto:lyndamurphy@btinternet.com)

## **And in October:**

### **Hypnobirthing with Emma Yates Butler, Inner Wisdom Doula:**

Starting on October 3<sup>rd</sup>, a four week course on Wednesdays in October. £225 for the course. You've probably heard of hypnobirthing, what with its increasing popularity lately but you've perhaps wondered what this term actually means. Hypnobirthing - to give birth - in a hypnotic state - relaxed, calm & totally present.

This hypnobirthing course helps you and your partner to release fear, enjoy your pregnancy and cultivate simple birthing techniques centred around positivity and relaxation. As your instructor, my goal is for my clients to prepare and have a positive well supported pregnancy and birth experience wherever and however you choose to birth, and I'm all for the benefits of remaining flexible & staying present through non-attachment to the outcome.

This is a complete birth preparation course which will teach you:

To release and let go of stress and tension

How to navigate the medical system

Pain relief

Birth positions

How to release fear

What your partner can do to support you

Contact Emma for more information and to book: [ejybutler@gmail.com](mailto:ejybutler@gmail.com)  
[www.innerwisdomdoula.life](http://www.innerwisdomdoula.life) or Call: 07887 852633

**Transformative Yoga:** with Joanne Merlini, on Tuesday lunchtimes from Oct 2<sup>nd</sup> at 12:30 and Thursday evenings from Oct 4<sup>th</sup> at 20:00.

Are you tired of not having enough energy, a constantly chattering mind or the feeling of being 'stuck'? You're not the only one..

Joanne teaches a style of Yoga that works to clear blockages, maybe physical, emotional or in the mind with a technique that slowly allows you to re-connect with the calm, energised & productive you. That inner centre that exists in all of us. Using various techniques including Asana, Mantra, Meditation, Pranayama & Yoga Nidra, she also uses intuition to encourage a gentle release & opening to transform & be our best selves!

"Yoga does not just change the way we see things, it transforms the person who sees."  
B.K.S. Iyengar

£8.50 per class or £35 for 5 classes

Booking essential - [joannemerliniyoga@gmail.com](mailto:joannemerliniyoga@gmail.com)

To read more about Joanne visit - [www.transformtobliss.com](http://www.transformtobliss.com)

Facebook – joannemerliniyoga Instagram - transformtoblissyoga

**New Art Exhibition:** Coming up in October, paintings and drawings by Michele Damiano.

Date tbc.

**For information about The Healing Clinic treatments and Outreach,** contact [enquiries@thehealingclinic.co.uk](mailto:enquiries@thehealingclinic.co.uk) or go to [www.thehealingclinic.co.uk](http://www.thehealingclinic.co.uk) or call 01904 679868

**For more details or to book rooms for your group or classes in Briar House,** contact [enquiries@briarhouserresources.co.uk](mailto:enquiries@briarhouserresources.co.uk) or go to [www.briarhouserresources.co.uk](http://www.briarhouserresources.co.uk) or call 01904 679868

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