

## Feb 2018 Community Wellbeing Newsletter

### Happy Chinese New Year! The Year of the Dog.



#### Weekends:

**Vision Board** for the Chinese New Year How would you like to learn how to attract what you want into your life? Taking the time to gain some clarity on what you really want, and using some visualisation techniques you create a vision board that you can take home with you. Creating Your Vision Board workshop is on Sunday 18<sup>th</sup> February 10-4. Contact Lindsay at [nrghealingyork@gmail.com](mailto:nrghealingyork@gmail.com) to book or for more information.

**The Mindful Hub** run workshops based on mindfulness on a monthly basis. All workshops run from 10am to 1pm on Saturdays:

- Introduction to Mindfulness Workshop - Saturday 24th February
- Managing Anxiety with Mindfulness Workshop – Saturday 24th March
- Managing Stress with Mindfulness Workshop – Saturday 28th April
- Self Kindness Workshop – Saturday 26th May

We offer a safe space to learn more about mindfulness, and how you can use it every day to live mindfully.

£25 for workshops (£20 if you're in receipt of a benefit).

Contact Jo at [mindfulhubuk@gmail.com](mailto:mindfulhubuk@gmail.com) or call 07851 062475

[www.mindfulhub.co.uk/workshops](http://www.mindfulhub.co.uk/workshops)

**The Maia Journey** with Adina Misca, starting on Saturday Feb 24<sup>th</sup> 13:00 – 15:00. £15 for this Introductory session. Followed by 10 sessions of 1 hour each at £10 per session. From Saturday March 24<sup>th</sup> 14:00 – 15:00, twice a month. You can pay on the day or in advance for the reduced price of £90 for all 10. You will get practical solutions on how to deal with problems from all aspects of life, also meditations, examples and techniques derived from the Universal laws that you cannot find anywhere else. Contact Adina to book: [adina2676@gmail.com](mailto:adina2676@gmail.com) or 07909 247733.

**Spiritual Sundays York** is a new 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 Feb 25<sup>th</sup> 18:00 – 19:30. Please contact Lindsay at [nrghealingyork@gmail.com](mailto:nrghealingyork@gmail.com) to book.

**Awakened Bellydance Transformative Journey** with Samantha Stubbs: 14 April, 12 May, 9 June, 14 July, 11 August, 8 September, 6 October. Total price £280 (£40 per day). Early bird payment before March 2<sup>nd</sup> : £210. **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 Practice Groups:** Once a month on Saturday afternoons: Feb 17<sup>th</sup>, Mar 17<sup>th</sup>, Apr 14<sup>th</sup>, May 19<sup>th</sup>, June 16<sup>th</sup>, July 14<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)

**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 630pm-730pm to meditate. During this hour there will be silence, music, time for reflection and some commentary. Free.

**Emotional Freedom Technique Workshops** with Saffron: Two hour workshops using cutting edge energetic techniques to help you clear the blocks in your life. Contact Saffron on [saffrondemenezes@gmail.com](mailto:saffrondemenezes@gmail.com) 07990 651860  
Next one: 31<sup>st</sup> March 2018 – Healing Womanhood: Reclaiming Power.

**Awareness Through Movement with the Feldenkrais Technique with Julie Wrigley:** FREE taster. Sunday March 4<sup>th</sup> 14:00 – 15:00, and every Sunday in March. Taster sessions to relieve aches and pains, move more freely, feel relaxed and refreshed. *"Make the impossible possible, the possible easy, the easy elegant."* Moshe Feldenkrais. Feldenkrais® engages your brain's plasticity to improve how you coordinate your limbs, spine, ribs, pelvis...so that all the parts of your body move as a whole. Whether your goals are improving performance, pain reduction, or simply feeling better, Feldenkrais offers a fascinating and effective approach. In just one hour, you will feel greater ease and vitality as you experience how to use your body in an entirely new way. There are countless lessons to choose from, so each week's session will be different from the last. <https://www.eventbrite.co.uk/e/awareness-through-movement-taster-sessions-feldenkrais-tickets-43053397872> Or contact Julie on [juliewrigley@outlook.com](mailto:juliewrigley@outlook.com)

## Weekly classes and courses

**Singing for Fun:** Do you enjoy singing? Do you want to meet others who enjoy singing? Come along on a Tuesday morning from 10-12 and have a sing along with Richard. Purely for fun! Next group starting in March. 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. FREE taster session on Tuesday 23<sup>rd</sup> January 13:30 – 14:30. And

then 7 weeks course after that. 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. 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, Tuesday and Wednesdays call: [07763 196205](tel:07763196205) 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)

**Lishi Tai Chi:** with Iain Keegan, Tai Chi, Dao Yin Breathing Exercises, Kai Men Chinese Yoga. Thursdays 11:15 – 12:15, 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.

**Acting with Amy:** Starting Sunday Feb 11<sup>th</sup> 10:00 – 11:00, 11:00 – 12:00. [www.actwithamy.co.uk](http://www.actwithamy.co.uk) – [actwithamy@yahoo.com](mailto:actwithamy@yahoo.com). 07857712699. Amy – Actor. Act With Amy – Workshops for all ages, abilities & aims. Unique Team Building.



## York International Women's Week – Making Women's Voices Heard

Not all of these events are in the programme for YIWW, see this link for all events there: <https://yorkinternationalwomensweek.wordpress.com/2018-2/>

1. **Freeing The Voice with Amy Twiddle:** and 16:00 – 17:00 Free your natural voice and feel confident to use it! Our voices as women need to be heard and sometimes this is made difficult for us. But it's our most important tool and mustn't be neglected. This workshop uses practitioners who focus on the voice as part of the soul and help you work on building confidence to use your natural voice, not hold tension in your throat, face and neck so that your voice can literally be heard. We will use the floor during this workshop, please wear comfortable clothing and bring a floor mat if you'd prefer. £4. Bookings can be made via website: [www.actwithamy.co.uk](http://www.actwithamy.co.uk) email [actwithamy@yahoo.com](mailto:actwithamy@yahoo.com) 07857712699. All profits to York Women's Counselling service.

2. **Introduction to Crystals Workshop with Lindsay Coldrick :** Sunday March 4<sup>th</sup> 10:00 – 14:00 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.

3, **Just Relax with Sherrie Wood:** Sunday March 4th 11:00 – 12:00 'Just Relax' is a relaxation session for adults. It includes various elements – yoga based stretches, self massage, breathing exercises, positive affirmations and visualizations – all designed to have maximum potential to reaching relaxation and teaching relaxation techniques. By having time to 'self' there is time to consolidate thoughts, self reflect, and gain energy to realize your needs and voice as a woman. [relaxkidsyork@outlook.com](mailto:relaxkidsyork@outlook.com)

£5 – advance tickets: <https://www.relaxkids.com/venue/Briar-House-/731>.

Tickets only available on the day if spaces left. Proceeds to Kyra.

4. **Coffee and Chat for Women's Mental Health:** Thursday March 8<sup>th</sup> 14:30 – 17:30. FREE. Funding for services that meet women's mental health needs are increasingly being forgotten so join us on International Women's Day to make our voices heard by calling for equality and press for progress in women's mental health. Contact: Yor Peer Support Mental Health Group – a trauma informed peer support group – [yor.peeryork@gmail.com](mailto:yor.peeryork@gmail.com) #PressforProgress

5. **Friday Night Film:** Friday 9<sup>th</sup> March - An uplifting film about empowerment, recovery & passion for life. This feature film peers into the Kaleidoscopic mind of renowned artist Ginny Ruffner, illuminating her journey from a near-fatal accident to re-invention of her world. She challenges us not to waste a minute of our lives and see the world from an unexpected perspective. "I think the universe has a finely tuned sense of humour" sats Ginny. Directed by Karen Stanton, Produced by tom Gorai. 82 minutes. Wheelchair accessible; accessible toilet. Free to members of Friends of The Healing Clinic & / or Friends of Briar House Resources, Donations from others. Please book here - <https://www.eventbrite.co.uk/e/a-not-so-still-life-a-film-tickets-42175610386> - or tickets on the door if any still available

6. **Talks on The Womanly Art of Living and Dying:** Talks for Women On Saturday March 10<sup>th</sup> This full day of talks is FREE to attend; it is run by businesswomen who charge for any services that might be subsequently undertaken after the event.

No need to book; just turn up. local, self-employed women helping each other get our voices heard about significant life choices.

Email Sarah Jackson: [sarah@winifredtaylor.co.uk](mailto:sarah@winifredtaylor.co.uk). Or call Chris Dudzinska 07824 639244

**10:00 Don't keep your memories hidden away in a drawer:** ideas for creating Keepsake Art, with Sarah from Winifred Taylor

**11:00 Humanist ceremonies for all life's major milestones,** with Julie Kay and Sharon Kent

**12:15 Soul Midwifery** with Sylvia Wagner-Bottomer, a companion to the dying and their family

**13:45 Ideal Living:** supporting and assisting clients through the moving home process from start to finish, with Anne Wyn-Jones

**15:00 Last Wishes Funerals,** Christine Dudzinska. An independent funeral director focusing on how to keep funeral costs under control.