



Vitality News

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Hello everyone

I don't know if I should throw in my hat first and see if it is thrown back it's been such a long time since I produced my last newsletter (for those who haven't a clue what I am on about, it's something my Mum used to say) Apparently there is an old Irish custom of throwing your cap through the door to establish whether you are welcome or not, if not then it's thrown out immediately, otherwise it's safe to go in, retrieve it and visit. Funny that—my Mum wasn't Irish so how did she know????

Anyway, it's great to be back and writing my Newsletter once more.

As you can see I have a NEW picture -this was taken at my friends wedding in June when I decided to dye my hair red....to mixed reviews I have to say. Well, you have to try these things don't you !

2010 has been a busy year for me. I did my Laughter Yoga Leader training in January, wrote a lot more Vitality Holistic Therapy and Beauty Training Course, and had them accredited by The Guild of Beauty, did my Reiki Drum Practitioners Course in May and just a couple of days ago completed my Reiki Drum Masters. I KNOW I said I wasn't going to do any more course but I just cannot help myself! I just love to learn new things ! When I bought my first drumming CD and played it with wild enthusiasm to my friends they just smiled in that humouring "bless her" sort of way...now that they have tried a drum treatment themselves I cannot keep them away!

The events at Sedgebrook Hall have also been brilliant this year; we've had Pamper Days, Reiki Days, Wellbeing Symposiums and Holistic Therapy Training Days and my sincere thanks go out to everyone who supported the days and who have given me such encouraging feedback..

I wasn't quite sure how I was going to top 2010 but 2011 is starting to look **p..r..e..t..t..y amazing**. I have some great days planned with some truly inspirational speakers and workshops at the symposiums and some fabulous retreats in the offing. I am always thrilled when such knowledgeable and interesting people agree to come along and deliver a workshop at the Sedgebrook Symposiums. We are kicking off in January with Barbara Lewis a very well respected local therapist and teacher and Tim Wheater a famous Sound Healer and recording artist. Read on to find out more—I am SO excited—it's going to be sensational !

Do I ever rest?? Well the answer has to be, of course I do, sometimes....but when you've got words that have to be written down and knowledge you want to share, your passion becomes part of your leisure time and I LOVE it. So much so I've new massage courses for 2011 for therapists who wish to add to their treatment menu, Laughter Yoga Sessions for those wishing to immerse themselves in mirth, Reiki Drum courses for Reiki Practitioners who want to take their healing to the next level, Drum Circles and of course lots of relaxing treatments to enable you to distress . Below are a couple of vouchers to make relaxation a bit more affordable so why not treat yourself!

Well, that's about it for this time. I hope you find something of interest in the pages of this Newsletter and I hope that 2011 is a good year for you all.

Please use your vouchers even if you haven't been to visit me for a while. No need to throw in your hat to find out if you'll be welcome. The electric blanket is on, my treatment room is cosy and you will **always** receive a very warm welcome.

Very Best Wishes

Susan xx

Vitality Holistic Therapy

HALF PRICE

**This voucher entitles the bearer to 50% off a full priced
Vitality Holistic Therapy Treatment**

Please telephone me to book your treatment on
01536 710778

Voucher is valid until 30th January 2011

This voucher may not be redeemed against Red Letter Days or used at a Pamper Party. It may not be used in conjunction with any other offer or voucher

Vitality Holistic Therapy

Introduce a Friend

**Book a full priced treatment for you and a friend and you will get
yours for HALF PRICE**

(treatments to follow one after the other on the same day—your friend cannot be an existing client)

Please telephone me to book your treatment on 01536 710778

Voucher is valid until 30th April 2011

This voucher may not be redeemed against Red Letter Days or used at a Pamper Party. It may not be used in conjunction with any other offer or voucher

Moonbeams

Hello Everyone – I am so pleased that Susan has invited me to contribute to her wonderful Vitality Newsletter and as I have had the pleasure of meeting many of you at the Reiki Symposia, I wanted to tell you a little bit more about *Moonbeams* and me.

Moonbeams began when my love of crystals led me to seek out why and how they came to be used in healing, however, knowing and understanding has in no way reduced my wonderment at their beauty and healing energies. I completed a two year diploma course in Crystal Healing in 2007 and haven't looked back.

Understanding how Crystal Therapy restores harmony to body, mind and spirit; bringing balance to our chakras (the body's energy centres) and the positive impact this has on our well-being, awakened my interest in other energy healing modalities, leading me to become a Reiki Practitioner and completion of Reiki Master, with Susan, on the horizon !!

Moonbeams offers a calm and relaxing atmosphere, the ideal environment to enjoy the gentle, but powerful properties of crystals; wonderful Reiki and more.

Each therapy session is tailored to individual needs and requirements so the length of treatments can vary. If you would like to know more please contact me and I will be only too happy to help in any way. NEW contact details below plus my new website is now up and running too, so please pay a visit and see what you think!

E Barbara@moonbeamstherapies.co.uk

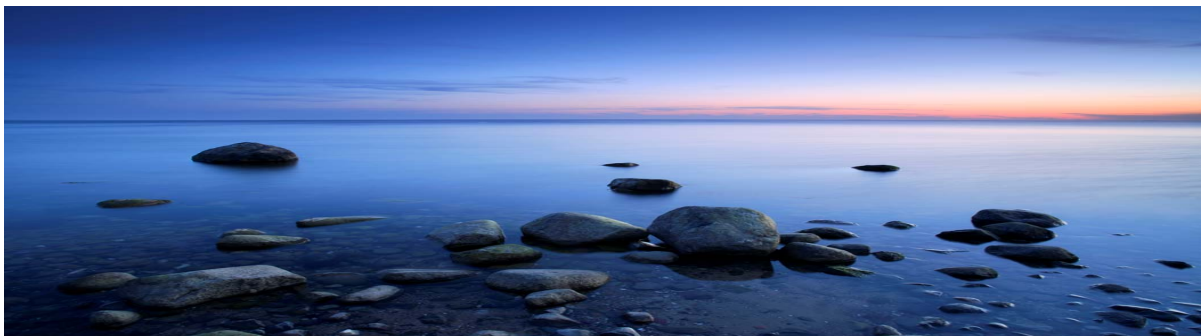
T 01933 664402

E Info@moonbeamstherapies.co.uk

M 07969 590430

W www.moonbeamstherapies.co.uk

*I look forward to seeing you very soon
With love - Barbara*



Barbara Wingrove - 47 Eastfield Road, Wollaston,

Pamper Days at Sedgebrook Hall 2011



Join us in the sumptuous surroundings of Sedgebrook Hall

Saturday 15th January

Saturday 21st May

Saturday 17th September

It's NEVER too early to book your place

You will receive 2 x 30 minute treatments as part of your day package and can choose from the following:

Holistic Facial, Back Massage, Indian Head Massage, Reflexology, "Beautiful Feet" Treatment, "Beautiful Hands" Treatment, Mini Manicure, Mini Pedicure, Reiki.

(Further 30 minute and 60 minute treatments to include Hot Stones, Full Body Massage, Beauty Facials, Reiki, Thai Compress, Body Conditioning plus many more, may also be booked prior to the day but are subject to availability.)

Tea, Coffee, Fruit Juices, Fresh Fruit, Biscuits and Cake will be available all day from the snack bar on a self serve basis.

PLUS a fabulous 3 course lunch in our own private restaurant.

There are plenty of quiet corners too where you can curl up on one of the luxurious sofas with a good book, people watch or just spend some chill out time doing nothing!

The Swimming Pool, Sauna and Jacuzzi are available all day as is the Mini Gym so remember to bring your swimming kit and gym gear.

The Cost of your Pamper Day is
£95.00 inclusive

Please email me or telephone if you would like to reserve a place for you and your friends

vitalityholistics@gmail.com

Telephone 01536 710778

Acupressure – A brief overview.

Acupressure dates back to the Chinese Han Dynasty some two millennia ago between 202 BC & 220 AD.

It was originally known as Energetic System of Medicine which is still practised today although more commonly known as Traditional Chinese Medicine or Finger Tip Medicine.

It focus's on the theory of working on energy in balances of various meridians within the body to restore balance & harmony thus preventing & eradicating area's of pain, discomfort & illness.

Manipulation of these specific point within the body are more commonly known as Acupoints.

It is an amazing concept if we consider that we have been given "push button control" on various parts of the body, that can, when manipulated correctly by stimulating or tonifying a particular Acupoint on the body it can dramatically reduce or correct pain within the body or in an entirely remote area altogether.

Have we been given the "buttons" to fix ourselves from pain & illness. Much research would suggest we have & it's as simple as a remote control pad. Stimulation of specific Acupoints can help to remove pain & harmonise the bodies imbalances.

Acupressure is the very foundation for later day techniques such as Acupuncture, Auriculotherapy & Reflexology. Typically referred to as, 'Reflex Therapy', this works on the principle that when a body manifests a disorder a tender spot appears on a corresponding part of the ear or feet.

When this point is stimulated by various techniques improvement occurs on a corresponding part of the body.

Article submitted by Michelle Bray who is a qualified Acupressure Practitioner

Michelle may be contacted via email: michellebray310@hotmail.com

ACUPRESSURE POINTS FOR THE COMMON COLD

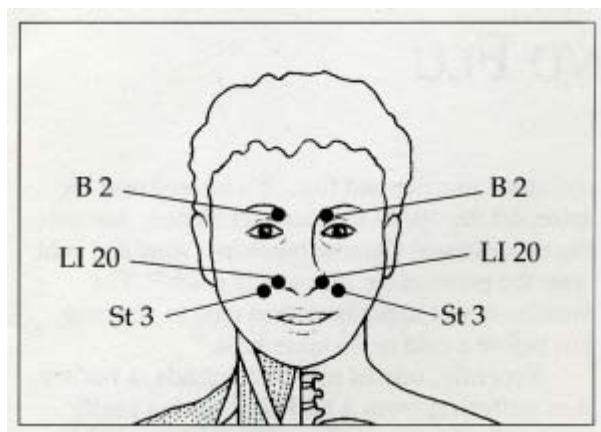
With the winter season approaching, I would like to share some easy to access acupressure points for the treatment of sniffles/sinus congestion and the accompanying symptoms of the common cold. The three points are all located on the face and are part of a seven-points routine that can be used both preventatively and at the moment of affliction. A couple of points (no pun intended) when applying self-acupressure for this particular routine:

- ◆ Firm, prolonged finger pressure for about 2-3 minutes on each point is ideal.
- ◆ A general guideline to follow: the pressure should be firm enough that you feel a "good hurt," somewhere between pleasant and firm pressure.
- ◆ Index or middle finger are best, except the thumb when indicated
- ◆ Apply pressure on the point at a 90-degree angle
- ◆ Combine deep abdominal breathing as you hold the points, inhaling deeply into the abdomen, letting your belly expand
- ◆ The poetic-sounding names for each point are the Chinese names translated, and the letter/numeral in parantheses is the TCM nomenclature for the point.

DRILLING BAMBOO- (B2)

Location – In the indentation of the eye sockets, on either side of where the bridge of the nose meets the ridge of the eyebrows.

Benefits – Relieves colds, sinus congestion, frontal headaches & tired eyes.



FACIAL BEAUTY- (ST3)

Location – At the bottom of the cheekbone, directly below the pupil.

Benefits – Relieves stuffy nose, head congestion, burning eyes, eye fatigue & eye pressure.

WELCOMING PERFUME- (LI20)

Location – On either cheek, just outside each nostril.

Benefits – Relieves nasal congestion, sinus pain, facial paralysis & facial swelling

Pamper Parties to beat the stress of the recession



It has not been the easiest of years has it and with winter just around the corner and Christmas looming wouldn't it be great to get all your mates together for a good old natter, a few nibbles and a couple of glasses of wine?



If you've forgotten how Pamper Parties work, here is a reminder:

For just £15.00 per person for a 30 minute treatment you can choose from:

- ◆ Holistic Facial
- ◆ Beauty Facial
- ◆ Back Massage
- ◆ Indian Head Massage
- ◆ Reflex Zone Therapy
- ◆ Reiki
- ◆ Hand, Leg and Foot Massage
- ◆ 30 minute Full Body Massage



You and your guests can come to me or I can come to you. If your guests would like more than one treatment or you have more than 6 guests I can arrange for additional therapists to join us.

*BOOK a Pamper Party in December and January for 6 guests and get one treatment "FREE"
You can Baggsy it for yourself if you are quick!*

Book now on 01536 710778



Reiki Drum

In 2006 Sarah Gregg, a UK Reiki Master Teacher, travelled to Arizona in the United States to train with Michael Arthur Baird, a renowned Reiki Master and Sound Healer, in order to learn more about the combining of the powerful healing energy of Shamanic drumming with the more subtle healing energy of Reiki.

So inspired was she that upon her return she set about spreading the word and in 2007 introduced training workshops to the UK.

After hearing about Sarah's work I contacted her to invite her to come along to a Sedgebrook Symposium and was delighted when she said yes.

Many of the delegates were "drummers" but non had ever experienced the combination of drum and reiki and it was truly enlightening.

Studies have shown that the constant beat, vibration and rhythm of the drum releases deep seated tension and reminds the body of its optimal vibration. Research has indicated that even drumming for a short period of time can induce an alpha state associated with wellbeing and euphoria. Add Reiki into the mix and Reiki Drum becomes a very powerful healing modality indeed.



At the beginning of 2010 I was lucky enough to attend Sarah's Reiki Drum Practitioners retreat and by the end of the weekend I was hooked and wanted to learn more so when I decided to study for my Masters I was on a roll (no, not a drum roll...that comes later!)

There are three ways clients can benefit from Reiki Drum; they can have a straight forward Reiki Drum treatment (20 minutes of drumming over the body plus 30 minutes of traditional Reiki) Reiki Drum Emotional Rebalancing where the practitioner and the client works with an "affirmation" (20 minutes of over the body drumming whilst mentally reciting the affirmation, plus 30 minutes of traditional Reiki) or Reiki Drum Journeying (30 minutes of listening to a constant drum beat whilst taking an imaginary journey, then 20 minutes of traditional Reiki)

As part of my Masters I was required to carry out 4 of each.

6 clients and 24 case studies later, I presented my portfolio to Sarah on 5th November and am delighted to announce (now I can have a drum roll....) I will be teaching Reiki Drum in February 2011. The requisite is that students are already Reiki Practitioners and have completed Reiki Level 2 in either the Western or Eastern tradition.

It has been a really interesting process—I have met the spirit of my drum, a blackbird, through "journeying" and have met my Animal Totems; a Camel, a Beaver and a Red Kite....I know it's unusual...in fact, I was a bit disappointed because I wanted an eagle or bear or something equally Native American and mystical but we are always given what is appropriate....see that you think?

Camel/Dromedary's Wisdom Includes:

- Learning to walk in the shifting sands of time
- Understanding the vastness of space
- Ability to save for future use
- Understanding the value of water as a life force
- Transforming the burdens we carry

Beaver's Wisdom Includes

- Maintaining to be productive in all ways but not limiting your options
- Being persistent
- Using available resources
- Achievement through completion of tasks
- Understanding dynamics of groups

Kite's Wisdom Includes

- Communication with the spirit world
- Beauty of flight
- Movement
- Change
- Ability to see things from a distance.

As I said earlier, the "Spirit" of my drum is a Blackbird and I thought— that's nice, I like Blackbirds and I have a lot in my garden. It wasn't until I looked up the meaning of the Blackbird that it took on a greater significance. I used Steven D Farmers book "Animal Spirit Guides" in my research and this is what he says about the Blackbird.

"Let go of all your inhibitions and "sing", without concern for how it sounds or others' disapproval. The gateway to the world of non-ordinary reality is open, beckoning you to follow your true spiritual path and enhancing your awareness of the nonphysical realm. Sound Healing is one of the best healing modalities for you, you have the gift of being able to use sound for healing purposes"

I find it fascinating...but what do you think? Do you want to try it for yourself?

During December and January I am putting aside some time specifically for Reiki Drum Sessions. If you are interested in coming along I will be offering half price treatments, so whether you want to work on a specific emotion using the Emotional Rebalancing Technique, whether you want to Journey to meet your Animal Totem or if you just want to try a Reiki Drum treatment please get in touch.

An hour session will be £15 (normally £30) or benefit from 4 sessions for just £55 payable in advance.



**REIKI DRUM
PRACTITIONER RETREAT**

My first Reiki Drum Practitioners Retreat will be on
Saturday 26th and Sunday 27th February
at Sedgebrook Hall
Chapel Brampton,
Northampton

The cost is £300 inclusive of:

2 days training
3 Course Lunch on both days plus refreshments
Comprehensive training manual

PLUS

Your very own 16' Remo Drum

Minimum 4 students to run the retreat at Sedgebrook Hall

Summer Retreat Sat 4th and Sunday 5th June

**Students MUST be
Level 2 Reiki Practitioners**

If you would like to organise
a Reiki Drum
Practitioners Course/Retreat
in your area,
please get in touch.

All courses are two days and you will
require a venue suitable to accommodate
4 to 6 students.

Join me in helping Sarah realise her
dream—to make Reiki Drum
accessible to everyone in
the UK and Europe

**PLEASE CONTACT ME ON 01536 710778
IF YOU WOULD LIKE FURTHER INFORMATION**

REIKI TRAINING 2011

Usui Reiki Ryoho continues to be one of my passions and I am never happier than when welcoming new students into my "Reiki Family"

This year I have attuned several students to Shoden (Level 1) and two students to Okuden (Level 2) and in December 3 students will attuned to Shinpiden (Level 3) to become Usui Reiki Ryoho Master Teachers.

More and more people are using complementary therapies to help them through difficult times in their lives, be it emotional or physical. Whilst we never profess to offer a "cure", significant healing can take place over a course of time and complementary therapies, like Reiki, are being offered to patients in hospitals and hospices throughout the country as well as by thousands of practitioners who work from home.

One of my recent Okuden students was prompted to learn Reiki when I treated his wife at a local hospice. She had cancer and was going through a very difficult time; I used Reiki with her on several occasions and he saw a marked improvement in her ability to relax and sleep. When she died he felt inspired learn Reiki himself so that he could help himself and also be of service to other people in need. Now a Reiki Practitioner in his own right, he and others are enjoying the benefits of Reiki.

You don't need to be a therapist to learn how to channel Reiki—it's for everyone and I have students from all walks of life; teachers, company directors, secretaries, housewives, mum's, carpenters, sales directors..... the list goes on and on but they all have one thing in common, a desire to help themselves and in turn, help others.

Here are the dates for 2011:

Shoden Level 1 £150 inclusive

Saturday 9th and Sunday 10th April
Saturday 27th and Sunday 28th August
Saturday 22nd and Sunday 23rd October

Okuden Level 2 £200 inclusive

Saturday 12th and Sunday 13th March
Saturday 23rd and Sunday 24th June
Saturday 19th and Sunday 20th November

All my Reiki classes are held at my home in Rothwell.
For more information visit my website
www.vitalityholistictherapy.co.uk

The image shows the Japanese characters for Reiki, 'Rei Ki' (霊気), written vertically in a bold, black, calligraphic style. The character 'Rei' (霊) is at the top and 'Ki' (気) is at the bottom.

LAUGHTER YOGA



In January this year I went to St Albans to learn all about Laughter Yoga, a modality that combines the joy of laughter with the breathing techniques of yoga.

Laughter is GOOD FOR YOU.. anyone who gets together with like minded friends will know just how good!

We all laugh at different things; a funny film, a joke, when we are being cynical, when someone falls over, when we are embarrassed.....so laughter is not always about being funny. Sometimes when we are in the doldrums we do not feel like laughing—but the great thing about laughter is that you can force laughter even when you don't feel like it and your brain will not know the difference!

We call this the “fake it until you make it” technique and believe me...it WORKS!

If you want to come along for a taster session join me on Wednesday 15th December at Stanion Methodist Church for an evening of Laughter Yoga.

We start at 7.30pm and EVERYONE is welcome. £3.50 NO NEED to book, just turn up!

Regular Laughter Yoga Sessions planned for 2011—please check my website for more information.

Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles.

It massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal organs in place.

Not only will your midsection get a workout, it can benefit digestion and absorption functioning, too.

It is estimated that hearty laughter can burn calories equivalent to several minutes on a rowing machine or exercise bike.

Improve your health with a good belly laugh.....

Benefits include:

- Reduces stress
- Lowers blood pressure
- Elevates mood
- Boosts immune system
- Improves brain functioning
- Protects the heart
- Connects you to others
- Fosters instant relaxation



Reiki/Wellbeing Symposium and Tim Wheater
Workshop
Sedgebrook Hall, Chapel Brampton, Northampton

Saturday 22nd January 2011 10am - 5.00pm

2 exciting workshops
Feng Shui with Barbara Lewis
Sound Healing with Tim Wheater

£35.00 inclusive of the full day's programme, a 3 course lunch
and refreshments throughout the day

Sunday 23rd January 10am—4.30pm

A FULL DAY with The Master of Sound Healing—
Tim Wheater



This is a marvellous opportunity to work
with a true "master" in the art of sound
healing and is a day not to be missed.

The cost for the day is just **£60.00**
inclusive of the full day's programme,
a 3 course lunch and
refreshments throughout the day.

Telephone Susan on 01536 710778 or email: vitalityholistics@gmail.com
to book your place on one or both days BEFORE sending in your
booking form.

PLACES ARE VERY LIMITED SO PLEASE BOOK EARLY TO
AVOID DISAPPOINTMENT

Overnight accommodation available

For further information about the 2 days please visit website:
www.vitalityholistictherapy.co.uk

That's 2 whole days for just £95

VITALITY HOLISTIC TRAINING DIARY

January 2011 – July 2011 inclusive

Unless other wise stated, all courses are 1 day and are held at 3 Matson Close, Rothwell, Northants NN14 6AY
Tel: 01536 710778

All courses (with the exception of Reiki) are accredited by the Beauty Guild and are subject to terms and conditions which can be found on my website www.vitalityholistictherapy.co.uk

Some courses DO NOT require an A and P qualification or Massage qualification. *Full details can be found on my website*

All courses are insurable through the Beauty Guild. Qualified therapists are advised to check with their current insurers that they are happy to insure Guild accredited courses BEFORE undertaking any independent courses. (Please see terms and conditions on my website)

Should students wish to undertake training and the advertised dates are not suitable, alternative arrangements can be made.

Max of 2 students per course. 4 Students for Reiki. *For additional dates for Reiki Shoden, Okuden and Shinpiden please visit my website.*

Full details on all the modalities can be found on my website
www.vitalityholistictherapy.co.uk

Modality	Cost	January	February	March	April	May	June	July
Indian Head Massage	£130	Fri 7 th Wed 26 th	Tues 15 th	Sun 6 th	Mon 4 th	Fri 6 th	Tues 7 th Mon 27 th	Thurs 14 th
Holistic and Beauty Facial	£155	Mon 10 th Thurs 27 th	Wed 16 th	Fri 11 th	Tues 5 th	Mon 9 th	Thurs 9 th Tues 28 th	Sat 9 th
Seated Thai Massage	£130	Tues 11 th Fri 28 th		Mon 7 th	Wed 6 th	Tues 10 th	Wed 29 th	Sun 10 th
Thai Foot and Hand Massage	£130	Fri 14 th Mon 31 st	Thurs 17 th	Fri 18 th	Thurs 7 th	Wed 11 th	Mon 6 th Thurs 30 th	Sat 2 nd

Modality	Cost	January	February	March	April	May	June	July
Ear Candling (Thermal Auricular Therapy)	£140	Mon 17 th	Tues 1 st	Wed 23 rd	Fri 8 th	Fri 20 th	Sun 12 th	Fri 1 st
Manicure and Pedicure	£155	Tues 18 th	Fri 11 th Mon 21 st	Tues 22 nd		Fri 27 th	Thurs 16 th	Mon 4 th
Reflex Zone Therapy (2 Day) (A and P required)	£260		Tues 8 th and Wed 9 th	Wed 16 th and Thurs 17 th	Mon 11 th and Tues 12 th	Thurs 12 th and Fri 13 th	Sat 18 th and Sun 19 th	Tues 5 th and Wed 6 th
Full Body Conditioning	£140		Mon 7 th	Tues 1 st	Wed 13 th	Mon 16 th	Wed 8 th	Thurs 7 th
Facial Rejuvenation Massage	£130		Thurs 10 th Tues 22 nd	Thurs 24 th	Thurs 14 th	Sun 22 nd	Mon 20 th	Fri 8 th
Thai Compress Massage (A and P and Massage required)	£155	Wed 19 th	Fri 4 th Mon 28 th	Tues 15 th	Mon 18 th	Wed 25 th		Mon 11 th
Introduction to Aromatherapy (1 day starter course)	£155	Thurs 20 th	Mon 14 th	Wed 2 nd	Fri 15 th	Thurs 19 th	Fri 17 th	Tues 12 th
Basic Aromatherapy and Massage 3 day course (A and P required)	£450		Fri, Sat, Sun – 18 th , 19 th and 20 th	Tues, Wed and Thurs – 8 th , 9 th and 10 th	Fri, Sat and Sun – 1 st , 2 nd and 3 rd		Wed, Thurs and Fri – 1 st , 2 nd and 3 rd	Fri, Sat and Sun – 15 th , 16 th and 17 th
Full Body Swedish Massage (2 day course) (A and P required)	£260	Mon 24 th and Tues 25 th	Wed 2 nd and Thurs 3 rd	Thurs 3 rd and Fri 4 th	Wed 20 th and Thurs 21 st	Tues 17 th and Wed 18 th	Mon 13 th and Tues 14 th	Thurs 21 st and Fri 22 nd
Hot Stones (A and P and Massage required)	£140	Fri 21 st	Sun 6 th	Mon 14 th Fri 25 th		Tues 24 th	Wed 15 th	Wed 13 th
Usui Reiki Ryoho Shoden	£150				Sat 9 th and Sunday 10 th			
Usui Reiki Ryoho Okuden	£200			Sat 12 th and Sun 13 th				Sat 23 rd and Sun 24 th
Reiki Drum Technique	£300		Sat 26 th and Sun 27 th				Sat 4 th and Sun 5 th	

Accredited Courses at Sedgebrook Hall

Vitality Holistic Massage and Beauty Training courses have been designed to be instructive and fun, giving students everything they need to know to undertake their chosen treatment safely and effectively. There is underpinning information on Anatomy, Benefits of treatments, Contra-indications and Contra-actions as well as plenty of "Hands on" practice.

Sedgebrook Hall is a superb venue for my training course offering a perfect setting for a relaxed but informative day.

Saturday 16th May - Ear Candling

Saturday 20th August - Facial Rejuvenation Massage

Saturday 26th November - Indian Head Massage

The price per course is £95 per person inclusive of manual, training, a superb 3 course buffet lunch in the restaurant, as well as morning and afternoon refreshments.

MAXIMUM 12 STUDENTS—MINIMUM 6

If you would like to book a place or require further information, please contact me via email vitalityholistics@gmail.com or telephone me 01536 710778 and I will be happy to send you a booking form.

All courses are accredited by the Beauty Guild and are subject to terms and conditions which can be found on my website www.vitalityholistictherapy.co.uk

All courses are insurable through the Beauty Guild. Qualified therapists are advised to check with their current insurers that they are happy to insure Guild accredited courses BEFORE undertaking any independent courses. (Please see terms and conditions on my website)

Please be advised that should a student fail to achieve the necessary standard for their chosen modality they will be required to undertake further training before the qualification will be awarded.

REIKI SHARES 2011

Every 2nd Wednesday I hold a Reiki Share and anyone who is reiki attuned is welcome to come along.

They are held at my home—3 Matson Close, Rothwell NN14 6AY

If you would like to attend, please let me know by giving me a quick call or emailing me vitalityholistics@gmail.com

12th January
9th February
9th March
6th April
11th May
8th June
13th July
10th August
14th September
12th October
9th November
14th December



DATES FOR YOUR DIARY

Sarah Gregg is organising the following events in 2011

REIKI DRUM SHARE

Sunday 20th March 2011

Linked in with the 8000 sacred drums ceremony being held in Mexico and around the globe on Sheering Village Hall

Sheering

Essex

CM22 7LU

SOUND & LIGHT RETREAT

24th—26th June 2011

Dev Aura, Little London, Tetford,
Nr Horncastle,
Lincolnshire LN9 6QL

Telephone: 01279 600104

Email: info@reikidrum.co.uk

Website: www.reikidrum.co.uk

January 15th Pamper Day—£95

January 22nd Symposium—£35

January 23rd Tim Wheater Sound Healing Workshop—£60

March 5th Creative Visualisation Workshop—£40

March 26th Reiki Empowerment Day—£40

May 16th Accredited Ear Candling—£95

June 11th Symposium—£35

August 20th Accredited Facial Rejuvenation Massage—£95

September 3rd Reiki Empowerment—£40

September 17th Pamper Day—£95

October 15th Symposium—£35

November 26th Indian Head Massage—£95

Creative Visualisation

Creative Visualisation is a way of using your mind to get what you want out of life. You can make wonderful things happen just by thinking about them. The power of the mind can actually make things happen physically and we use it every day subconsciously.

Visualisation is not the same as meditation. When we meditate it is usually in silence. With visualisation we create a desire, use guided imagery and concentrate on outcomes.

IF YOU CAN SEE IT, YOU CAN BE IT

Join me for a day of
Creative Visualisation

On Saturday 5th March
At Sedgebrook Hall

We will explore:

The Special Place
Achieving Goals
Mental Rehearsal
Setting Desired Conditions
Guided Imagery
The Inner Guide
Plus lots and lots of guided visualisation

£40 per person inclusive of 3 course lunch, refreshments
plus use of all the leisure facilities at the end of the day

Please contact me to book your place

01536 710778



Matson Maintenance

Does someone you love have a "NAG LIST" ...you know the sort of thing....those little jobs that just never get done?

My name is Pete Davis a City and Guilds time served Carpenter with over 30 years of experience in the building trade.

I can help you to tick those items off your list!

- ◆ All types of carpentry work undertaken
- ◆ Fence erection and repair
- ◆ Summer Houses and Sheds
- ◆ Decking
- ◆ Shelves and Wardrobes
- ◆ Exterior door fitting and repairs
- ◆ Interior door replacements
- ◆ Skirting and architrave
- ◆ Flooring
- ◆ Putting up curtain rails
- ◆ Flat Pack furniture
- ◆ Window repairs
- ◆ PLUS LOTS MORE - Just ask



Pete Davis Matson Maintenance Prices:

I charge £20 for the 1st hour and £15 for each additional hour. I will take some jobs on a fixed rate according to my customers wishes.

Customer supplies materials.

**TELEPHONE: 01536 710778 - Mobile: 07902 227 729
for a no obligation quote.**

INSPIRATIONAL REIKI PILLOWS DESIGNED AND PRODUCED BY MARY DANKOWYCH



This is a design Mary made for me

Q. How would an "inspirational" Reiki Pillow benefit me?

A...You would benefit from a link to Universal energies. These energies flow through ALL LIVING THINGS, and so are naturally healing, enhancing your everyday life.

Q. Who could benefit from an "inspirational" Reiki pillow?

A...Simply anyone, these subtle but powerful energies work with any individual at a personal and intimate level, balancing the mind and body.

Q. What does 'anyone' mean?

A...Just that, anyone or anything. From the cradle to the grave as the saying goes, animals also recognise the natural energies and partake willingly.

Q. So what do these 'energies' do?

A...Every individual will have their own experiences, these can range from:

- Balancing of the mind and body,
- Lowering stress levels,
- Promoting positive thought patterns,
- Encouraging better sleep patterns,
- Help with pain relief,
- Help with facing and managing fears and addictions.
- Overall promoting and maintaining general health care.

Q. You send these energies every day, what exactly does that mean?

A... I use Reiki and the power of intention to put these energies on a continuous pathway of love and light, for the "Highest will and good of all". This gives constant access to these wonderful natural healing energies.

Mary's Inspirational Pillows last a lifetime and make the most amazing gifts. Please check out her website for lots of designs and ideas—Mary's work is Truly Inspirational.

<http://reikipillows.com/> **Telephone:** 01832 732009

A Real Man

A real man is a woman's best friend. He will never stand her up and never let her down.

He will reassure her when she feels insecure and comfort her after a bad day.

He will inspire her to do things she never thought she could do; to live without fear and forget regret..

He will enable her to express her deepest emotions and give in to her most intimate desires.

He will make sure she always feels as though she's the most beautiful woman in the room and will enable her to feel like the most confident, sexy, seductive, and invincible person in the world.

No wait... Sorry.... I'm thinking of wine.

It's wine that does all that.....



Sent to me by Becky in an email - LOVE IT!

Friendship ~ None of that sloppy stuff!

Are you tired of those sissy 'friendship' poems that always sound good, but never actually come close to reality?

Well, here is a series of promises that actually speak of true friendship.

You will see no cute little smiley faces on this ~ Just the stone cold truth of our great friendship.

1.. When you are sad ~ I will help you get drunk and plot revenge against the bloke who made you sad.

2. When you are blue ~ I will try to dislodge whatever is choking you.

3 When you smile ~ I will know you are thinking of something that I would probably want to be involved in.

4. When you are scared ~ I will go on about it every chance I get until you're NOT.

5. When you are worried ~ I will tell you horrible stories about how much worse it could be until you stop whining.

6. When you are confused ~ I will try to use only little words.

7. When you are sick ~ Stay away from me until you are well again. I don't want whatever you have.

8. When you fall ~ I will laugh till I wet myself, but I'll help you up.

This is my oath I pledge it to the end. 'Why?' you may ask ~ because you are my friend.

Friendship is like peeing your pants, everyone can see it, but only you can feel the true warmth.....

Thanks Celia!

THIS IS POLITICALLY CORRECT!!

While walking down the street one day a "Member of Parliament" is tragically hit by a truck and dies.

His soul arrives in heaven and is met by St. Peter at the entrance.

'Welcome to heaven,' says St. Peter..
'Before you settle in, it seems there is a problem. We seldom see a high official around these parts, you see, so we're not sure what to do with you.'

'No problem, just let me in,' says the man.

'Well, I'd like to, but I have orders from higher up. What we'll do is have you spend one day in hell and one in heaven. Then you can choose where to spend eternity.'

'Really, I've made up my mind. I want to be in heaven,' says the MP.

'I'm sorry, but we have our rules.'

And with that, St. Peter escorts him to the elevator and he goes down, down, down to hell. The doors open and he finds himself in the middle of a green golf course. In the distance is a clubhouse and standing in front of it are all his friends and other politicians who had worked with him.

Everyone is very happy and in evening dress. They run to greet him, shake his hand, and reminisce about the good times they had while getting rich at the expense of the people.

They play a friendly game of golf and then dine on lobster, caviar and champagne.

Also present is the devil, who really is a very friendly & nice guy who has a good time dancing and telling jokes. They are having such a good time that before he realizes it, it is time to go.

Everyone gives him a hearty farewell and waves while the elevator rises....

The elevator goes up, up, up and the door reopens on heaven where St. Peter is waiting for him.

'Now it's time to visit heaven.'

So, 24 hours pass with the MP joining a group of contented souls moving from cloud to cloud, playing the harp and singing. They have a good time and, before he realizes it, the 24 hours have gone by and St. Peter returns.

'Well, then, you've spent a day in hell and another in heaven. Now choose your eternity.'

The MP reflects for a minute, then he answers: 'Well, I would never have said it before, I mean heaven has been delightful, but I think I would be better off in hell.'

So St. Peter escorts him to the elevator and he goes down, down, down to hell.

Now the doors of the elevator open and he's in the middle of a barren land covered with waste and garbage.

He sees all his friends, dressed in rags, picking up the trash and putting it in black bags as more trash falls from above.

The devil comes over to him and puts his arm around his shoulder. 'I don't understand,' stammers the MP.
'Yesterday I was here and there was a golf course and clubhouse, and we ate lobster and caviar, drank champagne, and danced and had a great time.. Now there's just a wasteland full of garbage and my friends look miserable. What happened?'

The devil looks at him, smiles and says,

"Yesterday we were campaigning...

...today you voted"

THANK YOU FOR TAKING THE TIME TO READ MY
NEWSLETTER. I HOPE YOU HAVE FOUND SOMETHING OF
INTEREST WITHIN ITS PAGES

SUSAN DAVIS
3 MATSON CLOSE
ROTHWELL
NN14 6AY

TEL 01536 710778

Email : vitalityholistics@gmail.co.uk

www.vitalityholistictherapy.co.uk

And last but by no means least, here's one more gem from my email
archive:

The Black Bra (as told by a woman)

I had lunch with 2 of my unmarried friends.

One is engaged, one is a mistress, and I have been married for 20+ years.

We were chatting about our relationships and decided to amaze our men by greeting them at the door wearing a black bra, stiletto heels and a mask over our eyes. We agreed to meet in a few days to exchange notes.

Here's how it all went.

My engaged friend:

The other night when my boyfriend came over he found me with a black leather bodice, tall stilettos and a mask. He saw me and said, 'You are the woman of my dreams. I love you..' Then we made passionate love all nightlong.

The mistress:

Me too! The other night I met my lover at his office and I was wearing a raincoat, under it only the black bra, heels and mask over my eyes.. When I opened the raincoat he didn't say a word, but he started to tremble and we had wild sex all night.

Then I had to share my story:

When my husband came home I was wearing the black bra, black stockings, stilettos and a mask over my eyes. When he came in the door and saw me he said,

"What's for dinner, Batman?"