

# December 2018 Community Wellbeing Newsletter



**We've been here ONE YEAR already! How has that happened? Looking forward to lots more good work to come in 2019 and beyond – Come and Join In!**

## What's On?

### Weekends:

**Awakened Bellydance Taster Sessions** with Samantha Stubbs. **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 Levels One – Four: Level Two is Sat Jan 19<sup>th</sup> and Feb 16<sup>th</sup>. Level Three is Sat Mar 16<sup>th</sup> and Apr 13<sup>th</sup>. Level Four is Sat May 18<sup>th</sup> and June 15<sup>th</sup>. Each level is £200 still (no increase from last year) and includes lunch, manual, workbook plus certificates for each level. Practice Group is once a month on a Saturday afternoon, 13:00 – 15:00. Next one is Saturday January. 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 18:30 – 19:30 to meditate. During this hour there will be silence, music, time for reflection and some commentary. Free.

**NEW Healing Clinic Practitioners: Check our website for more details, coming soon.**

**Women's Low Cost Homeopathy Drop-in:** Starting on Sunday March 3<sup>rd</sup>, in Briar House. Launch event as part of International Women's Week in York: Including a presentation on homeopathy - A case of a female patient having been treated by homeopathy and how this has empowered her to grow and go on to achieve her potential which is training to be a counsellor to support other women.

A Q&A session

An opportunity to speak one on one with the acute clinic homeopaths

The link to the theme for International Women's week and giving women a voice...this launch event will provide a platform for women to speak about health and empower other women to take charge of their own health and provide them with ways in which they can do this. More details on this and other International Women's Week events coming soon.

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

### **NEW in January:**

**Seated Pilates:** New classes starting in January, with Becky Penty. First one is Tuesday January 8<sup>th</sup> at 12:30. Contact Becky to book or to chat about the class. [pentybecky@gmail.com](mailto:pentybecky@gmail.com) 07832331050

Also with York Learning from Tuesday January 22<sup>nd</sup> at 14:00. Contact [york.learning@york.gov.uk](mailto:york.learning@york.gov.uk) 01904 552806

**Mindful Tai Chi:** with David Levey, starting on Monday January 21<sup>st</sup>, 14:30 – 16:00 (Free Taster) Contact York Learning to book: [york.learning@york.gov.uk](mailto:york.learning@york.gov.uk) 01904 552806

**Yoga Classes:** with Erin Massey, on Tuesdays at 18:30 and Thursdays at 14:00. Contact Erin to book: [erinmassey@hotmail.co.uk](mailto:erinmassey@hotmail.co.uk) or 07724 095610. See her website on [www.erinyoga.co.uk](http://www.erinyoga.co.uk)

**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! Back again on Tuesday January 15<sup>th</sup>. Book through York Learning 01904 552806 or email [york.learning@york.gov.uk](mailto:york.learning@york.gov.uk)

**Mat Pilates:** with Jo Stewart on Mondays and Wednesdays, mornings and evenings. Jo has been teaching Pilates for 18 years and a further 9 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 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)

**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.

**Friday Film Night:** Starting again in January, on the third Friday of each month, 19:00 – 21:00, Free to Members 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.

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

Starting in January – Contact Emma for more details. She says: “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

**Circle of Love and Light:** on alternate Thursday evenings, from 19:30 – 21:00. Contact Dana James: [danajames2002@gmail.com](mailto:danajames2002@gmail.com)

**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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*May your holiday season be blessed  
with peace, love and joy.*

*Happy Christmas from*