

## July 2018 Community Wellbeing Newsletter



### What's On?!

**Breaking News!** Wendy Mitchell will be in the building briefly on Tuesday July 17<sup>th</sup> – signing her acclaimed book **Somebody I Used To Know**, from about 1pm. Do come along and get your copy.

**ART EXHIBITION** 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 June 24<sup>th</sup> 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: July 15<sup>th</sup>, 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 Practice Groups:** Once a month on Saturday afternoons: Next one is Saturday July 21<sup>st</sup>, then 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)

**Group and 1 to 1 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:** 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.

**Healing Voices Workshop:** Saturday July 14 10:00 – 14:00. Explore how you can use your natural voice to improve your overall wellbeing. Your natural voice is a very powerful tool for self healing. This workshop will help you to develop the basic techniques. Contact Craig for more info and to book. Just £25.

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.

**The Maia Journey** with Adina Misca: 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. Dates to be confirmed.

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

**NEW: Prithvi Yoga with Erin** – Tuesdays 12:30 – 13:30 from July 10<sup>th</sup> Just £7 per session, concessions also available. Contact Erin to book: [Prithviyoga.co.uk](http://Prithviyoga.co.uk) Yoga can provide benefits for both the physical and mental body. Through asana (posture) and pranayama (breath) we are able to express and find ways to cope with stresses that we encounter in everyday life.

**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 in September. 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 CYC group starting in September. Other classes available June July and August. 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, Tuesdays 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 17:15 – 18:15 \*NEW TIME\*, 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

## Coming up in September:

**Action for Happiness: Exploring what Matters:** Starting on Wed Sept 12<sup>th</sup> and going through to Wed Oct 31<sup>st</sup>. Contact Hannah Hopper for more info, on [miss.hkh@hotmail.co.uk](mailto:miss.hkh@hotmail.co.uk)

## And in October:

**Hypnobirthing with Emma Yates Butler:** Starting on October 3<sup>rd</sup>, a four week course on Wednesdays in October. Contact Emma for more information and to book: [eiybutler@gmail.com](mailto:eiybutler@gmail.com)

## NEW to The Healing Clinic!

**Joanne Cuthell -** Alexander Technique. Improve the way you move and sit in a gentle and easy re-education of your habits. Contact Jo through the Healing Clinic or on 07513 325073 or [lundijo@gmail.com](mailto:lundijo@gmail.com)

**Elena Holmes –** Nutritional Therapist. Starting July 17<sup>th</sup>. On Mondays or Tuesdays. To book, contact the Healing Clinic: 01904 679868 or [enquiries@thehealingclinic.co.uk](mailto:enquiries@thehealingclinic.co.uk)

**Chloe Atkinson –** Back to re-join us with her lovely massages. Chloe will be available for Thai Massage, Aromatherapy, Facial Massage, Indian Head Massage, Hot Stones and Reflexology. Contact the Healing Clinic for more info or Chloe on [grangetherapies@gmail.com](mailto:grangetherapies@gmail.com) or 07447 013532