



# Harmony Centre News

*The perfect setting for healing, learning and development*

Summer 2010  
No. 12

## Open Weekend

15th - 16th May

The centre will be open to all. Come and experience taster treatments, exercise classes, chat to practitioners and enjoy the centre. Refreshments, soup, tea and cakes. Art exhibition  
10.30am - 4.30pm  
Saturday & Sunday



*If the weather is fair, then sit beside our beautiful wildlife pond and enjoy this view of the centre. If the weather is foul, enjoy our beautiful pond from the natural warmth of the centre.*

## New faces

### Tanya Bradbury

#### Priya Yoga

**N**amaste friends. I recently returned from India, after a three-month trip to study Hatha Yoga in Kerala.



I was staying in the beautiful district of Wayanad, in the foothills of the Western Ghats. The climate was perfect for studying Yoga. I trained with The International Vasishta Yoga Research Foundation, based in Calicut. PK Saji, the founder of the college was our teacher. He completed his Yoga degree at SVYASA University in Bangalore and went on to do his masters at The Bihar School of Yoga, with Swami Satyananda Saraswati. Our teaching was based on the traditional Gurukul, which is where you live and study with your teacher. We were a group of around 14, from all over Europe, the US and Canada.

Typically our days started at 5.30am. We just had time to shower before class. Then at 6am we began with mantras, pranayama and meditation. The whole day would then be filled with Yoga practise, selfless service and study. We

enjoyed delicious vegetarian food, much of which was grown in the ashram gardens. I found the first two weeks of the training quite tiring, but slowly my body became more flexible and my strength and energy increased. Our teacher was an inspiration and I'll never forget his kindness and beautiful smile.

I'm so happy to be putting this knowledge into practice. My students are commenting on how they enjoy the classes and how much better they feel. The centre is the perfect space for Yoga, so quiet and peaceful.

Please come and join us, and you'll discover that there is more to Yoga than meets the eye.

Tanya Bradbury is a full member of Yoga Alliance UK.

### Sally Winterbourne

#### Nutritional Therapy

**I**n common with many other Nutritional Therapy practitioners, some years ago I became aware of the connection between food and wellbeing through my own health problems and how dietary changes are able to impact overall health, both physically, mentally and emotionally. It seems entirely logical to



me that the foods we eat form the building blocks of our whole body and provide the fuel for our internal energy system. By studying Nutritional Medicine, I have learnt about the science that underpins these beliefs and how health is affected by what we do or don't put in our mouths.

I have a BSc in Nutritional Medicine from Thames Valley University and am bound in clinical practice by the strict code of ethics from BANT - the British Association for Applied Nutrition and Nutritional Therapy.



*Angel Day, October, see page 3*

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The Harmony Centre, Walpole, Halesworth IP19 9BB [www.theharmonycentre.com](http://www.theharmonycentre.com)

# Sciatica or slipped disc?

Often people come into my practice and say to me "I've just slipped a disc could you put it back for me? It usually only takes a click and I'll be on my way." Or the other end of the spectrum "I've got sciatica. I can hardly walk. The pain is unbearable especially when I lift my leg."

The symptoms of both sciatica and a slipped disc are very similar except for one thing. A slipped, or prolapsed disc which is the correct terminology, presents as extreme pain in the leg or foot and when the leg is raised from a lying position, at approximately 45 degrees a very sharp pain is felt in the low back region.

A disc prolapse occurs when the nucleus of the disc escapes through the disc wall and presses upon the nerve root. It cannot be put back anymore than humpty dumpty could be put back together again. It will take time to heal -- 8 to 12 weeks with no physical work -- and, in severe circumstances, surgery may be needed. Usually caused by heavy lifting, it can sometimes result from something as simple as a cough or sneeze when sitting. I had one patient who had prolapsed a disc by a sneeze whilst driving. Sciatica can also be very painful and may be felt in the leg or foot or both, like a prolapse. However, the difference is

when the leg is raised straight the pain usually does not become extreme in the low back region.

This straight leg raise test is not 100% accurate but is as close as we can get without the aid of an MRI scan. Even an X ray will not confirm one way or the other. Sciatica is pain due to a trapped nerve. The sciatic nerve is trapped usually by a locked or fixed vertebra where the joint becomes inflamed. Any number of things may cause sciatica. Poor posture, too much sitting, or doing the one movement for too long a time like digging, raking, vacuuming etc.

Chiropractic is a very effective treatment for sciatica and in some cases symptoms may clear up quickly. For a prolapse, chiropractic can help speed recovery in cases where surgery is not necessary.

For all people suffering with both the above conditions, it is important to take into account how this happened in the first place. What were you doing, what was going on in your life on a physical, mental or emotional level? Most people working in the healthcare field agree that stress can play a major part in the journey that results in musculo-skeletal pain like sciatica and disc prolapse.

Conditions like these are a signal that something needs to change. How much

you do of one thing, doing it in a different way or not at all. They are symptoms that some aspect of your life needs looking at.

*Paul Parolin*

Chiropractor & Craniosacral Therapist  
tel: 01986 784712

## Practitioners

### Chiropractic, Craniosacral Therapy

Paul Parolin

### Health Kinesiology

Frances Arnold

### Homeopathy

Karen Preece

### Nutritional Therapy

Sally Winterbourne

### Person-Centred Counselling

Sue Roberts

### Physiotherapy, Acupuncture

Sue Hooker

### Reiki, Reflexology, Hopi Ear

### Candling, Head Massage

Judith Samuel

### Shiatsu, Indian Head Massage,

### Myofascial Release

Trish Dent

### Swedish Massage,

### Hopi Ear Candling,

Chloe Sadd

### 5-Element Acupuncture

Caroline Shepherdson

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## Shiatsu Stretch Class

In Traditional Chinese Medicine, on which Shiatsu is based, there is understood to be a system of meridians or energy channels over the body through which chi flows. The stresses of our everyday lives create blockages and sometimes excess of the chi energy, resulting in diminished health and wellbeing. The Shiatsu Stretch Class helps to optimise this energy system and hence restore your sense of health and wellbeing. We will be exploring stretches and other exercises, including joint mobilisation, chi kung and the use of selected acupressure points during this series of classes.

Each class is rounded off with relaxation and visualisations to aid your healing process.

New class begins Thursday 27th May (8 sessions)

.contact Trish on 01986 780939



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# Thursday Evening Events

7.30pm to 9.30pm All welcome

There is no charge but donations for refreshments are welcome

## May 6th "Colour: its spiritual meaning and purpose" with The Erasmus Foundation

Julia will give an introduction to the Foundation and Hedley will do a meditation with a little talk about the use of colour, its importance, how it may help with meditation and other aspects of colour both on the Earth and in Spirit. There will be healers available as well.

## May 13th 'All around the garden' - a homeopathic view on the plant kingdom with Karen Preece

A discussion about common plants, flowers and trees in the garden, what these represent as homeopathic remedies and what they can be useful for. The plant kingdom can also affect us in different ways through allergies and I will talk about how homeopathy deals with allergies and hay fever.

## May 20th Raw Living Foods...for health, weight loss, longevity, anti-ageing and vitality with Jenny Cook

Raw Living Foods...For health, weight loss, longevity, anti-ageing and vitality. Learn how to make simple adjustments to your diet and eradicate disease naturally... And how detoxing your body, life and environment can create wellbeing on a mental, physical and emotional level.

## May 27th How does Man think he is saving his Planet? with Paul Nugent

Patrick Meehan will give an introduction to the Erasmus Foundation and there may also be a meditation. There will be healers available as well.

## June 3rd Disorderly Digestion Are you suffering from digestive disturbance? with Sally Winterbourne

Nutritional Therapy aims to reinstate the body's own natural ability to heal itself, by modifying dietary imbalances and lifestyle factors. The purpose is to treat the underlying causes of symptoms, not just the symptoms themselves.

## June 10th Transcendental Meditation - an Introduction with Alistair Shearer

There will be an opportunity to begin a Transcendental Meditation course with Alistair at The Harmony Centre.

## June 17th Nutrition in Health Kinesiology with Frances Arnold

An experiential evening to explore the ways in which the Health Kinesiologist works with nutrition, including: testing for food intolerances, working out the best diet for an individual, food supplements and, most importantly, balancing procedures for optimising the functioning of the digestive system.

## June 24th - Summer Solstice Circle Dance with Frances Arnold

See in the summer solstice with a joyful celebration of circle dance. No previous experience necessary. If you wish, bring something to place on the central altar.

## Angel Awareness Day 'Working with Angels'

Sunday 10th October 10am ~ 4pm

An inspiring, uplifting and fascinating day of celebration and discovery  
With visualizations, exercises, laughter, meditation & healing story.  
We will join Diana Cooper and many others throughout the world in an  
Angel Awareness Day Invocation.

Cost £35 (Concessions £25)

Includes a delicious organic vegetarian lunch. Wear comfortable clothes.

Booking Essential. Contact:

Anna Mackenzie 01923 828057 or Trish Dent 01986 780939

[www.angelawarenessday.com](http://www.angelawarenessday.com) [www.theharmonycentre.com](http://www.theharmonycentre.com)

# Weekend Workshops

## Are You Happy Enough?

Saturday 8th May 10am - 4pm

Do you focus on trying to keep everyone around you happy?

Have you been struggling to stay on top of things and find that there's never any time for you?

\* Understand your sensitivity and how you protect yourself

\* Discover why your strategy never brings the result you hope for

\* Find out how to change your beliefs, thoughts and actions

\* Learn how energy from the past affects your present

Start to create the happiness you've been seeking.

Cost £30

## Relationships ....

### It's all about YOU

Sunday July 4th 10am - 4pm

Most of us experience someone as *difficult* in our life.

But changing them just won't work.

Whether it's your partner, a son or daughter, or your boss at work, this workshop will show you how to shift the dynamics of the relationship by working with YOU.

Loving yourself is the key to having loving relationships. You can improve any relationship with the information and techniques presented.

Cost £30

## Introduction to Hypnotherapy

September, October & November  
10am - 5pm

Are you interested in developing your intuition, connecting with guides, activating self-healing? This series of workshops will provide you with information, experience and techniques for exploring the powerful realms of your subconscious mind and beyond.

**Workshop 1:** introduction to trance states

**Workshop 2:** activating self-healing, contacting your inner child & higher self

**Workshop 3:** past lives, entering the heart space, conflict resolution

£65 per individual day workshop  
£165 for advance booking of all 3 workshops.

## Enquiries and Booking:

**Marian Mills Tel: 01502 722538**

**email: [info@marianmills.co.uk](mailto:info@marianmills.co.uk)**

# Kids versus bugs ~ naturally

Always remember that there is an alternative approach to children's healthcare, particularly after a Government watchdog warned that many cough and cold medicines aimed at youngsters may be ineffective and can even cause side effects. With children of my own, I have used homeopathy effectively both on them and with other families in my homeopathic practice for many years to help children overcome illnesses naturally. The Medicines and Healthcare products Regulatory Agency (MHRA) reported last year that it had found "no robust evidence" that many of the popular conventional medicines worked in children, and advised that over-the-counter cough and cold medicines should no longer be used in those under six years, stating "there is no evidence that they work and they can cause side effects, such as allergic reactions, effects on sleep or hallucinations." Also, the charity Deafness Research UK has warned that thousands of children



could be affected by ear infections not properly treated and that routine antibiotics do not always work. Ear problems and recurrent coughs, colds and related symptoms are high on the list of health issues which lead parents to seek my help and there is research evidence which supports the efficacy of homeopathic treatment in these conditions. Homeopathy is a system of medicine which is based on treating the individual with highly diluted substances given in mainly tablet form, which triggers the body's natural system of healing. I use the individual's symptoms to find the most appropriate homeopathic medicine for the child. Homeopathic remedies have no toxic side effects, so can be used safely even in babies. Homeopathic medicines can be used at home. Here are some common remedies available over the counter and pointers to the symptoms that would indicate their use:  
**Belladonna:** Symptoms come on sud-

denly and there is fever, throbbing, heat and pain with great irritability.  
**Bryonia:** Symptoms come on slowly and pains are worse from moving. The cough is dry, and is worse after eating/drinking.  
**Pulsatilla:** The child is tearful, needs cuddles and is not thirsty. Mucus is sticky and difficult to cough up.  
**Gelsemium:** The number one flu remedy with heaviness, fatigue, clammy skin, flushes of hot and cold and dizziness.

Registered Homeopath Karen Preece RSHom holds regular homeopathic clinics at The Harmony Centre.

**Treat Yourself**  
 an introductory course in Homeopathy  
**Saturday 26th June**  
 10am-4pm  
 For further information contact  
 The Harmony Centre  
 or Karen on 01379 586668  
[www.homeopathyandhealth.co.uk](http://www.homeopathyandhealth.co.uk)

**Reception**  
 We have a receptionist to answer your queries and make appointments  
 Monday to Friday  
 9am to 1pm and 2pm - 6pm.

Classes at the Centre	
<b>Mondays</b>	
6.15 - 7.45pm	Chi Gung
<b>Tuesdays</b>	
9.30am - 11am	Priya Yoga
<b>Wednesdays</b>	
Mornings	Pilates
7.30pm	Gong Bath
<b>Thursdays</b>	
10 - 11.15am	Shiatsu Stretch
1pm - 2.30pm	Chi Gung
<b>Fridays</b>	
9.30am - 11am	Priya Yoga

**Please note:**  
 The views expressed in this Newsletter are not necessarily those of the Harmony Centre. Anyone seeking health advice should consult a qualified practitioner.

**A problem shared.....**  
 If you need help with a problem, or just don't feel life is working out well, you may find counselling really helpful. You can discuss the things you're concerned about in a safe environment where you will be fully accepted and not judged in any way. Of course, it's quite a big step to take and you may well be nervous to start with, but usually the hardest thing is deciding to seek help. I offer 50 minute sessions at £40 (negotiable). If you're interested, contact me or The Harmony Centre to arrange a free first session. You won't regret it.  
 Sue Roberts MA MBACP(Accred)  
 07954 358015 email: [sue.focus@virgin.net](mailto:sue.focus@virgin.net)



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*Helen McDermott*

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