



Harmony Centre News



The perfect setting for healing, learning and development

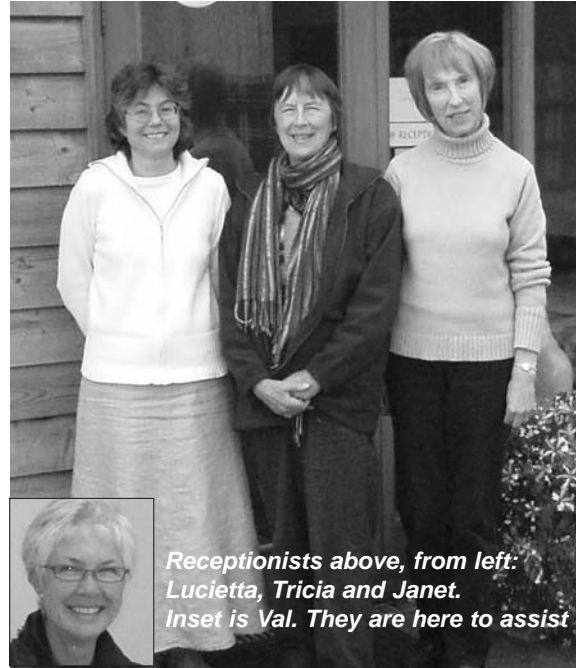
Autumn 2007
No. 5

There's no getting away from autumn, despite the recent mildness of the weather. Green leaves display a final flush of brilliance -- yellow, orange, shades of vermillion and purple -- the hedgerows jewelled with ruby and amber berries, while The Harmony Centre lawn is bedecked with shaggy inkcap mushrooms. It is a time of gathering in -- of harvests and of ourselves -- a time of connecting with the earth, in preparation for winter.

If you are interested developing that connection and learning how to create a ceremony for tree-planting, which is traditionally undertaken at this time of year, you might like to participate in the Angel Awareness Day at the Harmony Centre on 14th October. See inside for more details.

Perhaps you are thinking of taking a course in some sort of complementary therapy; it's not too late to enroll on one of the two courses beginning this autumn at the centre -- turn to page 3!

Alternatively, you might feel the need to balance your energies, which might be low as a result of our somewhat uninspiring summer -- phone or pop in to the centre to find out more about what is on offer. Some practitioners are now offering treatments on Saturday mornings (Shiatsu, Acupuncture and Indian head massage). Our team of receptionists, pictured right, are here to welcome and assist you.



Receptionists above, from left: Lucietta, Tricia and Janet. Inset is Val. They are here to assist

New Faces at the centre

Chloe Sadd

Chloe qualified in Swedish massage and Hopi ear candling this summer after training at Lowestoft college. Chloe then went on to qualify to practice Indian head massage through the Life Arts centre at Woodbridge.



Chloe believes that the treatments she provides can help in their own different ways to provide the receiver with a relaxed, calm sense of well-being. Swedish massage is a combination of different movements and techniques used to stimulate the body and relieve muscle tension, to leave you feeling relaxed and your muscles less stiff and tight. The deeper massage techniques used to loosen off areas of muscle tension and stiffness can be highly effective in relieving muscular pains. Indian head massage is a relaxing treatment working on the head, neck and shoulders. These areas are where tension from everyday life builds up. Head massage is good for relieving mental tiredness, stress and anxiety, resulting in

clearer more positive thinking and a sense of complete relaxation. Thermo auricular therapy, also known as Hopi ear candling, can be an effective treatment for a number of problems relating to the head and ear areas. This treatment is highly relaxing and suitable for most individuals. Specially designed candles gently aid the removal of debris and wax from the ears, resulting in a number of different benefits, from the relief of sinus problems to glue ear and pain experienced when flying. Contact Chloe on 07899725101.

Judie Shore

Having moved to Suffolk in May this year I've experienced a wonderful East Anglian welcome from everyone at The Harmony Centre and was able to meet some of my fellow practitioners at Alice Eastaugh's Asian Adventure evening in July which was most interesting and the food full of eastern flavour! Throughout August I offered some free taster sessions which were fully sub-



scribed and very successful - many thanks to those of you who took time for yourselves to discover something of the benefits yoga brings and to absorb the special atmosphere at The Harmony Centre.

My regular weekly class which runs on a Tuesday 7-8.30pm is full. However, please do contact me if you are interested and I can let you know if a place(s) come up. The approach I offer includes a special marriage of breath and movement to bring about a sense of stillness within while at the same time developing both strength and flexibility in the body. The yoga is applied to the individual so postures are often adapted, students experiencing them from within rather than perfection of form being the order of the day. In this respect, yoga is for everyone. May it be for you too.

Bodywork Classes

Chi Kung	
Cindy Engel	01986 873997
Pilates	
Julie Mower	01986 798845
Mind your Body Class	
Trish Dent	01986 780939
Yoga	
Judie Shore	01728 648460

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Parolin Chiropractic and Craniosacral Therapy

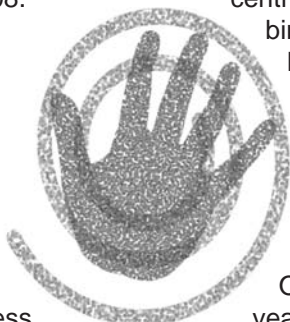
The telephone number for the Parolin Chiropractic and Craniosacral office at the Harmony Centre has changed. The new number is... **01986 784712**. There is a caller divert installed on the old number which will be in place until 1st January 2008.

Four days per week

For those of you who have not received care for a while, Paul is now seeing clients at The Harmony Centre four days per week and is still developing the practice towards a centre for wellness as well as offering relief and maintenance care. To facilitate this Paul now offers network chiropractic as well as craniosacral therapy and manual adjustments.

Network Chiropractic

Many local people have now experienced network chiropractic and enjoy the unique benefits this particular brand of subtle and enlightening technique on a regular basis. For some it has been life changing, for others a quick and welcome relief



from the stresses and strains of life. We help people of all ages and continue to see a steady flow of babies and children who are enjoying a safe, medication-free alternative for injuries, headaches, sleeplessness, breathing difficulties, concentration problems, post birth trauma etc.

Increasingly, elderly clients come to us for pain relief, difficulties with walking, balance problems and generally to help improve their quality of life.

Our youngest client this year has been a baby of 3 weeks old while eldest is 86 years old!

Omega 3 oil

To complement the techniques and further the wellness opportunities we offer, we are now trialling and hope to be giving our clients the opportunity to purchase an omega 3 oil that is both 100% pure and highly competitive on price.

Yours in health
Paul Parolin

Homeopathic remedies give a winter boost

Autumn is here, the days are becoming shorter and it definitely feels cooler! As we approach winter, central heating overtakes the warmth of the sun and those sniffles and coughs start to appear. In a healthy state, we can shake off a cold easily and our life is usually unaffected. However, when the cold will not go away and our energy levels are depleted, we can become overwhelmed and feel miserable. This is where homeopathy can help. The appropriate remedy will relieve the symptoms of the cough, cold or whatever is ailing you, and will allow the body

to heal itself and re-energise. Also, by learning about some acute homeopathic remedies which help winter maladies, these can be kept at home to use whenever they are required.

Homeopathy is a safe and powerful therapy which supports and strengthens the body's own natural ability to heal itself. Homeopathic remedies are derived from natural sources and are safe, gentle and effective with no side effects. So it can be used by anyone, from babies to those in their 90s and beyond - everyone in the family!

Homeopathy can be used for almost any condition from acute ailments (coughs and colds, toothache, sore throats etc) to more chronic complaints (such as asthma, depression, insomnia, IBS, migraines and chronic fatigue amongst many others!).

There are plenty of

Practitioners

Alexander Technique

Pauline McBride

Chiropractic, Cranio-Sacral Therapy

Paul Parolin

Emotional Freedom Technique

Marian Mills

Health Kinesiology

Frances Arnold

Homeopathy

Karen Preece

Psychotherapy, Hypnotherapy, Counselling

Tim Mills and Marian Mills

Psychosynthesis-Psychotherapy

Sue Holland

Reflexology

Tricia Maguire

Shiatsu, Indian Head Massage

Trish Dent

Swedish Massage, Hopi Ear

Candling, Indian Head Massage

Chloe Sadd

5-Element Acupuncture

Caroline Shepherdson

ME and chronic fatigue

Two new practitioners using a technique known as The Lightning Process, effective for ME and chronic fatigue, will soon be joining the centre. More information will follow in our next newsletter.

things we can do to boost our health during winter to maintain a strong immune system. Perhaps by taking Echinacea tincture or nutritional supplements if our diet is sometimes lacking in its balance. Homeopathy can also help to strengthen and promote better health for the future and can alleviate susceptibilities and weaknesses such as respiratory conditions which can often return during winter months when we are feeling weaker. Importantly, homeopathy can be used alongside most conventional drugs and also, perhaps reduce reliance upon them.

If you are interested in discussing any of these aspects, please contact registered Homeopath, Karen Preece LHCEA RSHom, on 01986 784500 or 01379 586668. Karen also offers drop-in clinics on Monday mornings at The Harmony Centre if you would prefer a more informal consultation - please call to arrange a time.



EFT (emotional freedom technique)

This powerful new therapy is now available by phone at a 25% discount - only £35 per hour - until January 2008



To find out more, please ring Marian on 07919 990731 or 01502 722538

THURSDAY EVENING TALKS & DEMONSTRATIONS

Johanna and Adam are taking a well-earned break from arranging and hosting the Thursday evening events at the centre. Our programme will begin again in the New Year.

31st January Imbolc, celebration of moving towards Spring
with Kaaren Whitney. 7.15pm prompt. Doors close 7.30 to start

7th February Chinese New Year: Year of the Rat
An illuminating and entertaining talk about the year ahead with Johanna Murray, Acupuncturist. 7.30pm start

Angel Awareness Day

Sunday 14th October 2007 is Angel Awareness Day. To celebrate the day Anna Mackenzie will be leading a fun experiential workshop at the centre. Beginning at 10am, this will be an experiential day allowing you to get in touch with your higher purpose and your guardian angel with exercises, ceremony, meditation and laughter - Learn to know and trust your inner connection. Participate in a tree ceremony and with thousands of others join Diana Cooper in her world-wide attunement for world peace and harmony on this special day. Lunch will be provided. Cost is £45, including lunch.

For details and booking contact Anna on 01923 828057 or Trish Dent on 01986 780939.



Exploring body rhythms

This term we have been exploring our energetic structure, in particular sensing how the body's rhythms such as the breath, heartbeat and deeper pulses influence internal and external movements of chi.

This requires relaxed concentration and an ability to focus attention and intention. If you would like to know more, come along for a free taster session, Mondays 6.15 - 7.45pm or Thursdays 1.00 - 2.30pm. Cindy Engel 01986 873997



Diploma Courses

College of Vibrational Medicine Diploma Course
Beginning 27- 28 October 2007
with Catherine Keatch

This is a two-year part time diploma course in Vibrational Medicine, with a focus on Flower, Gem & Crystal Essence therapy. Well established and affiliated to the ICM, the course offers students life-changing opportunities for personal and spiritual growth alongside in-depth practitioner training. Students are offered all the help and support they need to become professional practitioners as well as ongoing support through the CVM Practitioner Association.

More information on the course can be found on the College's website: www.collegeofvibrationalmedicine.org.uk or by contacting Catherine on: 0845 4786373 email: info@collegeofvibrationalmedicine.org.uk

Diploma in Hypnotherapy, Psychotherapy & Counselling Skills
Beginning 17-18 November 2007

Use the skills of hypnosis as an effective part of a wide therapeutic approach. Understand how we can work with a person's natural drive towards health and well-being and to use the most valuable resource which is the therapeutic relationship itself. Hypnosis, when used as a tool within counselling and psychotherapy, can enhance a person's motivation, change their patterns of belief and thoughts, analyse underlying reasons for unwanted behaviour, stop self sabotage and provide a new framework for life. Our integrated approach is one that supports holistic practice and can easily be combined with other therapies. For further details, see our website www.thestillpoint.co.uk or contact Tim or Marian on 01502 722538.

Horse and rider in equilibrium

Pauline McBride teaches the Alexander Technique at the Harmony Centre and is a Teaching Member of the Society of Teachers of the Alexander Technique. In an earlier issue of the Newsletter Pauline detailed the benefits of learning the Alexander Technique and in this issue she briefly outlines the benefits of the Technique for horse riders.

In modern life we tend to lose our natural balance by adopting bad habits of posture, thereby succumbing to tense and strained movements. Learning the Technique can help you prevent or alleviate conditions associated with undue tension and poor posture. The Technique aims to encourage pupils to rediscover their natural alignment and it is taught on a one-to-one basis. The Technique offers the horse rider

an upright posture free of rigidity. Thus equipped, the rider can sit with poise and balance on the horse. As the rider frees and lengthens the spine they gain precise use of the legs, unhampered by old restrictive

The Alexander Technique makes the rider more aware of their own posture, balance and co-ordination and if the rider has better self-carriage on the horse, it makes it easier for the horse to go correctly.

Laura Fry, International Dressage Rider

movements. If you are a rider you will know how easily your horse is affected by your state of mind and bodily tension. Alexander Technique lessons help you recover good balance in yourself that translates to your riding. The Technique complements good riding tuition.



Should you wish to find out more about the Alexander Technique and information on lessons, Pauline can be contacted by telephone on 07973 854101 or email Pauline.mcbride@tiscali.co.uk

Angels

I wonder if you think of me,
whiling away the hours.
Busy as can be
dodging wind and showers.
I hear the cooing of a Dove --
and feel the pain of far off love:
For Love is with me far and near
My Love is with me all the way,
those distant voices I can hear
following me every night and day.

I wonder if the Flowers talk,
and Love with Love that's ours
Like flowing streams that always talk
and babble on for hours.
I sometimes wonder, as I sigh,
what Angel walks with me,
I hear her wing beats in the sky,
but she never lets me see.
Her heartbeat is like my Love's from far
across the Oceans massive sea;
Her Light is soft as a distant Star,
that guides her every day to me.

I wonder if the breeze that blows
across that clear blue sea
looks, as through waving hair it goes
as if it just left me;
and as the Flowers nod their heads
their knowing ways approve,
the way in which the Angel sheds
Life's everlasting Love.

From Life's Experiences by David Gillett

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