



# Harmony Centre News



*The perfect setting for healing, learning and development*

Autumn 2006  
No. 2

## CENTRE PACKED ON OPEN DAY

Our Open Day last March was extremely well attended, and fun was had by practitioners and visitors alike. People coming to the centre on that cold March Sunday were welcomed by the wide range of therapists who work at The Harmony Centre. Many taster treatments were on offer, and everyone made the most of finding out more about the treatments and the practitioners, as well as the workshops and courses offered at the centre. Refreshments, including home-made soup and cakes were devoured and there was even a raffle with some unusual prizes.



*Young and old alike spent time at the centre*



*The wide range of tasters available included hand and foot reflexology*



*Rose Titchiner talks about her flower essences and her books, available from the centre*



*Refreshments proved popular, particularly Lucietta's warming soup with organic breads*



*Alice Eastaugh gives a back massage on the "sitting couch"*



*Frances Arnold demonstrates Health Kinesiology*

**Look out for another open day at the centre, probably next autumn (2007).**

## New Practitioners

The Harmony Centre would like to introduce four new practitioners: Lesley Talbot, Colour Therapy, Alison Smith, who works with eating disorders, Sue Holland, a psychosynthesis psychotherapist and Nikki Hall, Hatha Yoga teacher. Turn the page to find out more about them....

## Eating disorders: the silent sufferers

Eating disorders affect people of all ages and of both genders. Although usually seen as being in the realm of young girls, it is possible to develop an eating problem at any time in life, following for example, a personal trauma, specific painful loss or even the menopause.

Culture places intense pressures on us to look good, in order to acquire status and approval. More and more people feel inadequate, because the standards by which they judge themselves are the visions of perfection purveyed by television programmes such as "Friends", "Footballers Wives" and "Desperate Housewives". Too many people use these impossibly perfect, professionally honed and often surgically enhanced characters against which to benchmark themselves and fail to derive any solace from comparisons which are flattering to themselves, such as with the overweight man in the changing room or the overweight woman in the supermarket queue. For some reason our comparisons are towards the ideal rather than the norm and this leads to real concern about image and weight.

About 7 in 10 people who approach Alison and other NCFED practitioners for help suffer from variant forms of binge eating disorder accompanied by purging behaviour, co-morbid with obesity. They range in age from 16 to 72. Alison is able to offer specialist help to individuals with eating disorders and weight problems. Her treatment approach is holistic, using cognitive behavioural therapy, psycho-education, nutritional and dietary advice. This enables her to work with individuals to address the full range of physical, emotional and nutritional aspects of clients problems, bringing a unique and powerful solution to their difficulties.

Alison has a Diploma in Practitioner Skills for Eating Disorders & Obesity from the National Centre for Eating Disorders.

**Alison Smith**

**Eating Disorders Practitioner**

Affiliate Practitioner of the National Centre for Eating Disorders

Mobile: 07793 525322 (confidential voicemail)

Email: acsmith71@btopenworld.com



**Sue Holland**  
MA; UKCP registered; BACP accredited trainer; PG Cert Supervision

Originally a languages teacher, Sue Holland trained as a psychosynthesis psychotherapist in the nineties, both practising and teaching psychotherapy and counselling in further and higher education. Recently specialising in trauma, in 2006 Sue launched, 'Somatic Experiencing UK' an organisation which runs training for body workers, psychotherapists and counsellors who want to train in healing trauma ([www.traumahealing.co.uk](http://www.traumahealing.co.uk)). Sue lived in Brighton for 16 years and recently moved to Suffolk with her partner. Her interests include Tibetan Buddhism and Kuk Sool Wan, a Korean martial art. Sue offers individual and group psychotherapy, supervision and training.

Sue Holland

Email: [sueho@tinyworld.co.uk](mailto:sueho@tinyworld.co.uk)

Telephone: 07939 111062

## HATHA YOGA

In her Monday afternoon classes, Hatha Yoga teacher Nikki Hall teaches the use of asanas (postures) and the breath to help open up any constricted areas of the body and mind. Everyday stress and tension cause the body to tighten up which in turn blocks the flow of energy. When the body releases and erases tension, it can then relax and open more effectively. The mind can become calm, allowing any negative feelings - anxiety, fear, anger - to melt away and allowing space for positive feelings - such as patience, acceptance and compassion.

Alternatives and modifications to the postures are always offered, together with blocks and chairs, making Nikki's classes are suitable for everyone.

Nikki sees Yoga as being a gradual healing process rather than being in the perfect pose, so the one requirement class participants have is to take responsibility for listening carefully to their own body.. oh! and enjoy.

## *Practitioners at The Harmony Centre*

### **Aromatherapy and Energy Healer**

Rosie McKenzie 01728 638709

### **Chiropractic, Cranio-Sacral Therapy**

Paul Parolin 01986 798114

### **Chi Kung**

Cindy Engel 01986 873997

### **Colour Therapy**

Lesley Talbot 07910 153931

### **Eating Disorders**

Alison Smith 01986 782371

### **Health Kinesiology**

Frances Arnold 01728 663204

### **Holistic Massage Therapies, Reflexology**

Alice Eastaugh 01502 675228

### **Homoeopathy, Flower Essence Therapy**

Linda Cartwright 01986 875477

### **Pilates**

Julie Mower 01986 798845

### **Psychotherapy, Hypnotherapy, Counselling**

Tim Mills and Marian Mills  
01502 722538

### **Psychosynthesis-Psychotherapy**

Sue Holland 01986 785460

### **Shiatsu, Indian Head Massage**

Trish Dent 01728 668450

### **TCM & 5-Element Acupuncture**

Johanna Murray 01728 668326  
Kirsten Lane 01379 388365

### **Living Harmony Diploma Course**

Viviane Fingerhut 0208 958 1740

### **Yoga**

Nikki Hall 01728 723158

Nikki trained with The British Wheel of Yoga and has been teaching for 6 years. There are still a few spaces in Nikki's class, so phone her if you would like to enroll.

**Nikki Hall 01728 723158**

## THURSDAY EVENING TALKS & DEMONSTRATIONS

All welcome - every Thursday evening 7.30 - 9.45 pm  
There is no charge but donations for refreshments are appreciated

- 5th October**                      **The therapeutic relationship**  
An exploration and evaluation of the relationship between client and therapist. Interactive evening with Tim Mills - hypnotherapist, psychotherapist, counsellor
- 12th October**                    **My life as a vegan**  
The philosophy, the lifestyle, the adventure  
Barrie Sheldon
- 19th October**                    **Good life, good death**  
Leonora van Gils - International healing therapist
- 26th October**                    **Living the wheel of the year**  
A look at the energetics of the celtic festivals at the time of Samhain. Interactive evening with Sarah Partridge
- 2nd November**                  **Astrology evening**  
Focussing on your sun/star sign with its chart opposition sign and how to integrate their energies  
Experiential evening with Val Burnham - Huber astrologer
- 9th November**                  **Sound Healing**  
An evening with Carol Strike
- 16th November**                  **TBC**
- 23rd November**                  **Does Eating Rule your Life?**  
Or are you worried about someone close to you?  
Alison Smith, Affiliate practitioner of the National Centre for Eating Disorders
- 30th November**                  **Magical Change**  
Clearing the emotional body through 13 chakras  
A "Power from the Heart" workshop with Francesca Wall-Bray
- 7th December**                  **The Power of Touch - the primal form of healing**  
An interactive seminar involving practitioners of various types of massage practise and techniques

## Weekend Workshops

### Diploma in Hypnotherapy, Psychotherapy & Counselling Skills Introductory Day

**Saturday 7th October**

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. For details, see our web site [www.thestillpoint.co.uk](http://www.thestillpoint.co.uk) or contact Tim or Marian on 01502 722538.

### Harmony with Feng Shui

**21st - 22nd October 2006**

As part of the Living Harmony™ course, we offer a module/workshop in Feng Shui which is run by Feng Shui specialist Raymond Catchpole, chair of the British Feng Shui Society.

This workshop will equip you with the knowledge and practical skills to begin to practice Feng Shui, enabling you to attract and direct energy flows within the home, garden and workplace.

This year, we are opening the Feng Shui workshop to the public. The cost is £225, including vegetarian lunches. Contact Viviane on 0208 958 1740 or email [valbullen@aol.com](mailto:valbullen@aol.com)

### The Living Light Energy of Seichem

**12th - 13th May 2007**

Do you want to connect to the angelic realm? Are you ready to help others? Have you completed a lot of work on yourself and are now ready to work at a higher vibrational energy level? Are you fascinated by all things egyptian? If the answer is yes then this training is for you. To find out more go to [www.transformplus.ltd.uk](http://www.transformplus.ltd.uk) or e-mail [christinefowler@yahoo.co.uk](mailto:christinefowler@yahoo.co.uk) or tel: 0191 284 7615

## Standing still to get fit

The ancient Chinese discovered that you do not need to pummel your knees jogging on hard roads or sweat through designer sportswear in an expensive gym in order to improve health, stamina and strength. All you need to do is stand still. Yes, stand still!

Mind you, it's not as easy as it looks but how hard can it be to stand for ten minutes?! And how can it possibly improve health, stamina and strength? The answer lies in becoming aware of how and where you hold unnecessary tension in your body and then learning how to release it. Students become adept at consciously controlling deep and very precise regions of their body. The result is that you learn to use your body extremely efficiently, saving more energy and strength for muscular effort. This is not just relaxation. People can relax as much as they can but still be 'solid' with muscular tension or soft tissue adhesions. It is about undoing life-long habits of poor posture and releasing past physical reactions to life events. Students learn accurate postural align-



ments, advanced meditation techniques, and develop regular breathing patterns. The postural alignments are designed to optimise the flow of body fluids, organ

position, spinal alignment and chi. Standing in this way also evenly distributes weight and pressure on the joints. The meditative techniques develop focus and concentration. A recent review of published Western scientific research on the health benefits of chi kung found that the proven benefits fall into six areas: improvements in balance, reductions in blood pressure, increased oxygen uptake, improved flexibility and strength, reduced emotional stress and improved ability to cope with the problems of multiple sclerosis.

The same benefits can be achieved through sitting and lying down postures.

Cindy Engel teaches Taoist Water Method Chi Kung (which include some standing postures each week) at the Harmony Centre on Mondays 6.15-7.45pm and Thursdays 1.00-2.30pm. Call 01986 873997.

# Miso Soup

So many people have asked for this recipe, here is my version. Wakame seaweed contains more calcium than milk or beef. For winter recipes, I prefer a dark miso such as genmai (made from rice). In summer, for a lighter, less salty flavour, try white miso. Go carefully when adding in the miso, you may need less depending on the type that you buy.

## You will need:

Onions, carrots, wakame seaweed, shiitake mushrooms, spring greens (or celery or other green veg), fresh ginger, miso  
Optional extras: tofu, plus spring onions to serve

Rinse then soak 1 shiitake mushroom per person in a little boiling water. In a saucepan, put 1 cup of water or vegetable stock per person. Add to this finely sliced onion, sliced or matchsticks of carrots. If using tofu, finely cube and add to the pot also. Place on the heat. Meanwhile, rinse a strip of wakame seaweed, then cut into small pieces with scissors and add to the pot. Finely slice and add the mushrooms. Simmer for about 5 minutes, until carrots are tender. Finely shred a few spring greens, finely grate a small piece of ginger and add these to the pot, and simmer a further few minutes. Turn off heat. Mix 1 teaspoon of miso per person with a little of the liquid from the pot, then mix this into the pot. Do not re-heat.  
Serve in bowls, with a little finely sliced spring onions to garnish.

Great for breakfast, lunch or dinner. Tofu makes this a more substantial dish. Serve with brown rice or bread.

# A Celebration of Life

Birth is an important time for both mother and baby. It can leave a birth memory that affects someone's entire life, their personality and spirit. Babies are born with the capacity to remember and are easily imprinted by the emotions that they first encounter in the world - all too often fear and anxiety.



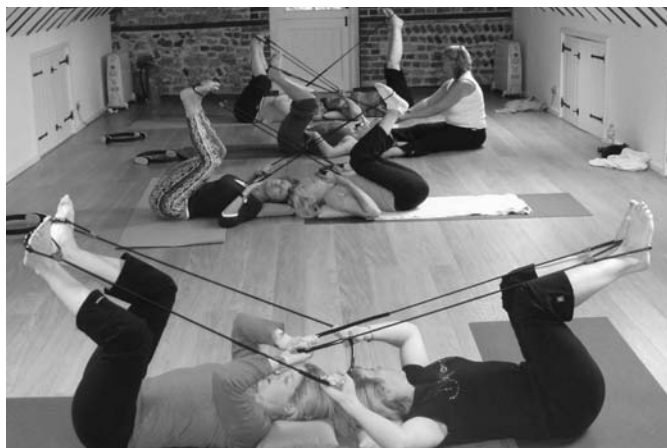
HypnoBirthing® is a rewarding, relaxing, stress-free method of birthing that is based on the belief that all babies should come into the world in an atmosphere of calm and joy and love. When a mother is prepared for birthing physically, mentally and emotionally, she can experience that sort of joy, birthing in a way that allows her to summon her natural birthing instincts and to birth her baby in safety and with ease. Women's bodies are created to conceive, nurture the development and birth babies naturally.

Research shows that deep relaxation during birth reduces and often eliminates the need for chemical pain relief and other medical interventions. Labour can be reduced by several hours and the mother feels awake and energised as she brings her baby into the world. The mother, father and baby are all brought together in a wonderful before and after birth bonding experience. This also almost entirely eliminates post-natal depression and babies are happier too - eating and sleeping better.

Birth is returned to the safe, beautiful, peaceful experience that Nature always intended it to be.

HypnoBirthing® classes are taught as 5 sessions of 2 ½ hours each and you can start any time after 20 weeks pregnancy.

For more details see [www.enjoybirth.co.uk](http://www.enjoybirth.co.uk) or phone Marian Mills on 01502 722538 / 07919 990731.



# Pulling power with Pilates

Pilates is a gentle, yet powerful exercise system, offering safe, long-term improvement in posture and muscle tone. It can work for everyone, regardless of age or fitness level and can benefit those with back and postural problems.

The system was developed by Joseph Pilates, who had suffered from ill health as a child. Determined to get physically stronger, he developed a system which became his lifetime's work. He became well known for his rehabilitation of war veterans. Later, he opened an exercise studio in America and worked with dancers to help enhance their performance.

Julie Mower, who runs classes throughout the area, has trained extensively with leading experts in this field. For class details, contact Julie Mower 01986 798845

# Give ill health the brush-off

Here's a health tip that costs no more than the investment in a natural bristle brush and a few minutes each day. Body brushing is a straightforward technique to gently aid the natural processes of your own body, with great health benefits.

It helps to:

- \* Remove the top layer of skin that holds acidity and toxins.
- \* Move lymph through the body, aiding removal of toxins.
- \* Stimulate and improve the circulation.
- \* Stimulate the skin, helping it to eliminate wastes also.

Avoid brushing varicose veins, rashes or open wounds.

If you are constipated, address this problem before working with skin brushing as mucus and toxins will be released into the bowel after using this technique. First buy a natural bristle brush, preferably with a handle, so you can reach your back. Do not use the brush for other purposes, or get it wet.

This technique is best done first thing in the morning, before showering.

Use the brush dry and work with the skin dry. Brush the skin as vigorously as is comfortable with the brush, working from the extremities towards the heart all the time. Begin with the feet, then your legs. Work hands, then arms. Finally brush your body, working all the time towards your heart. Include all parts of your body, excepting your face and delicate areas. Spend 2-3 minutes on this technique every day and you will be rewarded with glowing healthy skin, improved circulation and a wide-awake approach to your day.

**Trish Dent** is a macrobiotic Shiatsu practitioner. She is inviting women with endometriosis to participate in her case study group as part of a diploma in natural nutrition. 01728 668450

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