



**NINE SPRINGS
NATURAL
HEALTH CENTRE**



**Also featured in
this Newsletter**

Workshops

**Art
Current
Exhibition
—Tom &
Andrea Clark**



**FOR FURTHER
INFORMATION ON
ANY OF THE
ARTICLES
FEATURED PLEASE
CONTACT THE
CLINIC**

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Christmas help from Nine Springs

We all know how difficult it can be at this time of year but we at Nine Springs are here to help in more ways than you might think. We can even help with your Christmas shopping!!

Firstly, this can be a very stressful time so plan carefully and make sure that you manage your time effectively and give yourself some personal space. It could be that you could book in for one of our therapies to help **keep your stress levels to a minimum**. We have a variety on offer that might help you:

- Acupressure
- Chinese Foot Massage
- Holistic Massage
- Indian Head Massage
- Reflexology
- Shiatsu
- Thai Foot Massage
- Thai Yoga Massage
- Tui Na Massage



We also have a number of practitioners who offer life management and stress management if things do get on top of you.

Our resident herbalist, Ned Reiter, has produced bottles of **organic Echinacea angustifolia** for managing colds & viruses, which are so prevalent in colder months. He has also made up an **Immune Booster** preparation especially to ward off 'flu and both of these are available to purchase at Reception at £5 & £6 respectively.

We also offer a great saving on Ainsworths **Homoeopathic Kits** which offer 42 essential remedies for £26.

A lovely idea for a present for members of your family would be to purchase a **Nine Springs Therapy Voucher**. These can then be used as payment or part-payment for any therapy on offer at the Clinic.

Lastly, do not forget the current exhibition of **artwork**. There are many affordable pieces of art which would make inspired gifts for members of your family—though they might weigh down a stocking somewhat! The small sculptures can be hung inside or on an outside wall to “weather”.



Workshops in December

Saturday 12th December

Introduction to Family Constellations

Gaye Donaldson

£55 10am – 5pm 01823 421300

www.gayedonaldson.com



The constellation approach is a simple yet profound method that can be used to shed light on the unhappiness and distress in our lives, which often occurs as a result of unresolved issues.

A constellation reveals a fuller story of unspoken dynamics in our family, friendships, community or professional life. When we witness and honour these dynamics we are able to change our relationship to the loyalties that bind us to unnecessary suffering and energy-sapping entanglements.

NEW CLASSES STARTING in the NEW YEAR!

Simple Meditation class —Wednesday—6pm—7pm

Life Coaching workshops—Thursday—6.30pm-7.30pm

Yoga class—Friday—6pm-7.30pm

REGULAR WEEKLY CLASSES

- TAI CHI FOR SENIORS—MONDAY MORNING
 - YOGA—MONDAY MORNING
- AFRICAN AND SAMBA DRUMMING—MONDAY EVENING
- PILATES—INTERMEDIATE & BEGINNERS—TUESDAY MORNING
 - ITALIAN—TUESDAY EVENING
- HATHA YOGA—TUESDAY & THURSDAY EVENINGS
- PILATES—INTERMEDIATE & BEGINNERS—WEDNESDAY EVENING
 - TAI CHI—THURSDAY MORNING
 - YOGA—FRIDAY MORNING
 - PRE & POST NATAL YOGA-FRIDAY MORNING
 - QI GONG—FRIDAY MORNING



**All at Nine Springs Natural Health
Centre Would Like to Wish You a
Peaceful Christmas and a
Prosperous and Healthy New Year**