



# Nine Springs News

www.ninespringsclinic.org

January 2010

**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  
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## Happy New Year from Nine Springs

**A New Year is upon us once again with all that it brings. It is a time of reflection for many of us about what we hope for in the future after reviewing the year past.**

Many of you will have made resolutions or sat down to think of setting yourself goals or targets for the year ahead. These are very positive steps to take as they can help you focus and plan for the next few weeks and months. Remember, though, to make sure that your goals are achievable—do not expect too much of yourself!

In order to achieve your goals you may need help and a number of our practitioners offer various methods which might suit you. They could help provide a structure or new way of looking at a problem you wish to resolve, or they might be able to give advice and help you plan your course of action. Therapies which you might consider include—Hypnotherapy, NLP, EFT, Life Coaching, Stress Management, Anger Management or The Lightning Process. The practitioners who offer these therapies would be only too happy to discuss ways of using them with you.

Finally, check our forthcoming workshop programme to see what is on offer—you might find something that fits the bill

### **PRACTITIONER OF THE MONTH is .. MELANIE WARD-ABLITT**

Melanie offers Shiatsu and Acupressure Massage. She joined the practice in 2009. Melanie suggest that we can all use Shiatsu principles to help our digestion which in turn will help our whole well-being:

Wake up your tummy—a little exercise before breakfast will help your system wake up.

Eat a good breakfast—warm cooked food from 7-9am.

Eat peacefully—it will help improve your digestion.

**Try some Shiatsu—it has been shown to be effective for digestive problems—it can help balance your meridians.**



# Workshops in January

**Saturday 16th**

## **FREE Personal Development Workshop**

My Life Unlimited—Deb Cann & Kim Griffiths

11am – 1pm 01935 426572

What could be better, a FREE workshop to help you think about what you want to do in 2010. Do you need to think about where you are going in life? Do you feel you need a new direction? Go along and see if Deb and Kim are able to help you. [www.mylifeunlimited.co.uk](http://www.mylifeunlimited.co.uk)

## **Feldenkrais—Pelvis Potential**

Barbara Simons 01308 420234

£25 1.30pm—4.30pm

Barbara's popular workshop series continues with this repeated session on Pelvis work—it was fully booked last time! There are only 2 spaces left so do not leave it too late to book in. She will help you learn more about this powerful part of your body and it does not matter if you are a beginner or have been to one of her classes before.

[www.effortlessway.net](http://www.effortlessway.net)

## **NEW CLASSES !**

**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

