

Shipston Therapy Centre

14 Market Place
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Spring 2011 Newsletter

Welcome to Spring.....the perfect time to let go of the old and introduce the new! It is the time of new beginnings, creativity and growth in all aspects of our lives including relationships, work and our physical and mental wellbeing. As nature releases its inherent power for growth and development, our range of therapies can help you give birth to your potential so that you can put to good use all of the latent energy we all have within us!

Workshops May / June

* Meet your Spirit Animal Guide * with Val Nicholson:

Wednesday 18th May 7 - 9pm (£10)

Native Americans believe we have a 'totem' animal that guides and helps us with different aspects of our life. Each animal carries its own 'medicine' which represents a specific benefit to us. Guided meditation will show how to recognise your own animal guide and get the most from your life.

* Homeopathy to support Children's Health * with Carol Bowler & Chris Hytch:

Thursday 26th May 7 - 8pm (£5)

Homeopaths Carol Bowler and Chris Hytch (Saturday Superkids clinic) will give you an insight into the principals of Homeopathy and discuss a variety of childhood conditions and commonly used homeopathic remedies. There will be opportunities to ask questions for specific advice!

* Colour Therapy Workshop * with Jilly Davies - Bonnar:

Thursday 2nd June 7 - 9pm (£8)

The Colour Mirrors system offers an opportunity to raise your vibrations and expand the divine light within you. Colour has the power to show you how to be authentic, healthy, happy and wealthy. Join Jilly for a relaxing, healing and fun evening learning about colour and how it can improve your life.

* Create you own natural products * with Rachel Flavell:

Thursday 9th June 7 - 9pm (£10)

Discover how to make beautiful and natural products from a range of herbs and essential oils. See how easy it can be to create your own unique blends to use at home for yourself, friends and family. You will also get to take home some lovely samples! (All materials and ingredients supplied)

* MOT your relationship * with Karen Lloyd:

Thursday 16th June 7 - 9pm (£10)

How Healthy is your Relationship? A relationship doesn't have to be in crisis to take stock of how things are going. Karen, a Relationship and Psychosexual therapist plans a light hearted look at improving couple communication; taking a down-to-earth, practical approach about different aspects of keeping a relationship healthy.

Please phone or call in to book your place! Payment in advance is required.

Focus on Fertility

Couples can face difficulties when trying to conceive and for some the reason is unknown. Therapist June Powell uses a combination of acupuncture and nutrition which can be an empowering way to maximise your chances of conception and to have a healthy pregnancy. When trying to conceive naturally, acupuncture can help to balance hormone levels, regulate the menstrual cycle and improve blood flow to the uterus and ovaries. Other benefits include relief of stress and improvement of overall health and vitality.

Acupuncture can also be a great support to fertility treatment.

For more information contact the centre for a free 15 minute chat with June or visit

www.fertilitypregnancybirth.co.uk



Physiotherapy

We are pleased to introduce new therapist Rebecca Gilliam, a physiotherapist, with extensive experience working in NHS hospitals and clinics. Pain can often limit daily activities and affect how you feel in yourself. Physiotherapy can be of great help to anyone suffering musculoskeletal pain. In addition, Rebecca has found it particularly helpful during pregnancy as the treatment can assist in the management of back and girdle/pelvic pain.

(Rebecca will be available here on Tuesday and Thursday evenings)

The Menopause - Do you suffer with hot flushes, mood swings, can't sleep, exhausted? Menopausal Midwifery with experienced Homeopath Sheryl Conran-Brown may be for you. Advice & treatments on Tuesday mornings. Free initial 15 minute consultation available.

Open Day Saturday 21st May 2011

If you have been considering trying a complementary therapy or would just like to discuss your health with a therapist then our open day is the perfect opportunity for you. Taster sessions will be available for a range of therapies for you to try and this can help you to find out if a particular treatment is right for you before you book a full appointment.

You are welcome to pre-book your sample treatment or call in on the day from 9am until 2pm. All ages welcome!

Acupuncture - Aromatherapy - Bowen Technique - BioResonance - Chiropody - Chiropractic Counselling - Dorn Method - Homeopathy - Hopi ear Candle therapy Hypnotherapy - Indian Head Massage - Lymphatic Drainage Massage - Reflexology Reiki - Sports Massage

Helping you regain your health and vitality, naturally:

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