

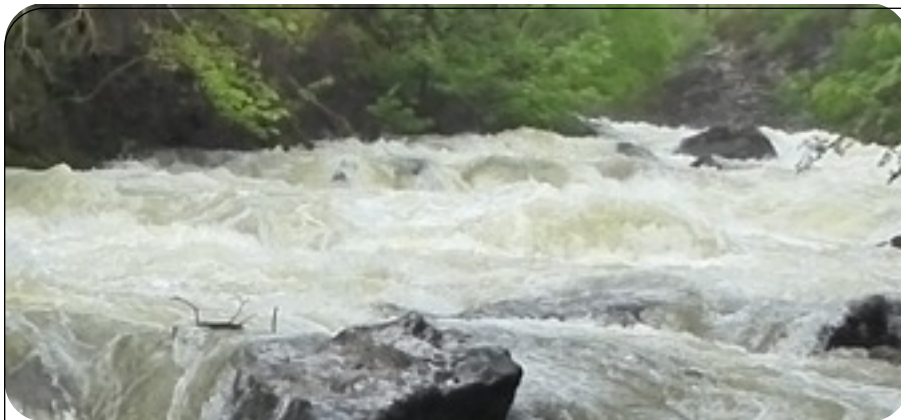


Shipston Therapy Centre

Newsletter Summer 2014

The above scene is of near Llanbedrog, Wales. After persistent rain we've been blessed with prolonged, stunning weather. Nature is always changing and we can experience storm then calm. We are a microcosm of the macrocosm, a reflection of the other and we can go through upset to pleasure, illness to health.

Ancient traditions acknowledged this as part of the natural cycle of life.



Turbulent times when it can feel we're being tossed around without control over where we're going or what we're doing.

Do you ever feel like this?

And, nature will also offer us times of peace, of being at ease; no worries except possibly whether the wine's cool enough or what flavour ice cream to have.

However, you don't need to be on holiday in the sun to feel a greater sense of well-being.

Would you like to feel like this more often?



Life is about balance and this is what we aim to help you achieve in your life. There's much talk of the importance of a work/life balance and its not just about how many hours you spend in each but how you are and feel whilst in various aspects of your life. Different approaches can also help with the transition between the seasons. For example, going into Winter is a common challenge for many that can be eased.

Contact us and find out how we can help you live a more fulfilling, rewarding life.

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