

Calendar of Events

January- May 2012

Events for those interested in their health and well being

Alfreton Local Support Group

What's on, where and when and for whom?

Below are the events for the next half-year for the local support group of the FHT. The events and talks are open to everyone; FHT members, members of other therapy associations and the general public. Many of the talks lead onto full day or weekend workshops for those wishing to take certain subjects a little further. The entrance fee for each of the talks is now **£5.00** for FHT members and **£6.00** for non-members.

Date: January 12th 2012

Venue: Firs Gardens, Off Rogers Lane, Alfreton, DE55 7FU

Topic: Astrology by Stuart Dare

My interest with the Star's stems from early child hood when my Dad arrived home with a Telescope! We set this up in the Back Garden and spent many a cold winter evening staring up at the skies until the early morning. I would stop up late to watch Patrick Moor on The Sky at Night and be thrilled to go and look through the telescope and see what he was talking about. A fascination was seeded.

More recently whilst on the mortal search to find meaning in life and discover myself, I became interested in reading my daily forecast in newspapers and magazines, it just never seemed to be me! I presumed it must be a load of rubbish until one day I walked into what can only be described as a magikal cave full of crystals, Books, trinkets and exciting vibrations, and behind the counter a mysterious lady with a big book full of gobbled gook in hand who proceeded to ask my date of birth. She then began to point at letters, numbers and shapes in this book and tell me about my childhood, my feelings, my family and more, I was startled, How did she know all this "stuff" about me, we had never met before, never even been in the shop before, so I asked how it was possible, she replied it's all in this book. What book is it? It's called an ephemeris. I had to know more...

I studied with this mysterious lady (who is a very lovely and skilful Astrologer) and discovered much about myself, others and the potential for discovering all manner of information. Of course, has a complementary therapist discovering the potential to uncover health related information especially difficult to diagnose problems. (Of course I CAN NOT diagnose any health related matters, not allowed by anyone other than medically qualified GP etc. And you should always consult your GP if you have any health concerns).

Please understand there is no scientific evidence for Astrology, and any information provided should be considered for the purpose of entertainment. I reserve the right to be completely and utterly wrong!



Date: February 2012.

Venue: Firs Gardens, Off Rogers Lane, Alfreton, DE55 7FU

Topic: Chinese acupuncturist by Dave Yeomans

I emphasize Chinese, because I do real traditional acupuncture, not just pain control. The British medical acupuncture society train what they call acupuncturists, in four days! I spent seven years studying classical and modern Chinese medicine.

What I do heals body, mind and spirit. I have deep respect for the art and see it as a therapy in its own right, not just an “add on to massage or physiotherapy”.

To use real acupuncture, it is necessary to understand the interplay between body, mind and spirit. I have spent forty years studying body mind and spirit.(1000 books) I have been meditating for 30 years. That lead to self realization at 42.

I have studied course in miracles for 18 years, the secret and conversations with god. My life’s work has been a spiritual journey of discovery and empowerment.

I treat clients now using acupuncture, ACIM, counselling with voice dialogues, shamanic rituals and self empowerment coaching.

My work helps clients to create the kind of life they want. It helps clients to make more empowered choices, which lead to greater happiness and fulfilment. Freedom and creativity is our right given to us by spirit.

The body can only thrive when the spirit is at peace!

Peace comes from empowerment!

I love to share what I have learned.

Thank you for inviting me to speak.

Namaste.

Dave Yeomans

Tel 01159431204

Date: March 2012

Venue: Firs Gardens, Off Rogers Lane, Alfreton, DE55 7FU

Topic: Speaker, Detox Wisdom Coach and Business Consultant



Philippa Steele has had extraordinary training spanning over 25 different disciplines in business, mind and body which is why she can adapt, tailor and bespoke what she offers to your specific requirements because every business and individual has different needs. She has helped a wide variety of people know the benefits, power and freedom of achieving better results with less effort whether in their business, professional or personal life. By sharing tools, knowledge and solutions, put simply, she helps you to get more of what you want and less of what you don't want.

We all know deep down we can improve and achieve more which is why Philippa created "Detox Wisdom" based on two principles. Detox is removing what isn't working, is detrimental to you long term and depletes your resources. Then in the space created she helps you to replace with what does work, enhances your long term future and increases your capabilities. The Wisdom is about letting go of what you think you know in order for you to gain new awareness, insights and understanding that take you to achieving more than what upbringing, material society and cultural influences have lead you to believe is possible.

Philippa by her early 20's managed teams of 150 plus in large corporations, it was during that time that she learnt to be versatile in her approach and combine this with proven tried and tested solutions which enabled her to get the right results, fast. It also didn't turn out to be enough, she had the acclaim, the success and yet there was something missing. Through personal and professional development her own life improved to such a degree she wanted to share with others and there was born the idea of running a successful coaching practice to do just that, which has now been running for 13 years.

She is reported to be one of the people to watch in the business and selfdevelopment world and holds workshops, business development sessions, and clinics worldwide to help people to achieve their heart's desire.



Date: April 2012.

Venue: Firs Gardens, Off Rogers Lane, Alfreton, DE55 7FU

Topic: TBA

Date: May 2012

Venue: Firs Gardens, Off Rogers Lane, Alfreton, DE55 7FU

Topic: TBA

Please Note:

If you have just picked up this leaflet from a clinic or retail outlet you may well be wondering what all this is about. The **Alfreton** local support group is for practitioners, students and people who just have an interest in the complementary health, fitness and beauty. You do not have to be a member of the FHT to attend, however to find out more about our association visit our web site at www.fht.org.uk or call 0844 875 2022.

Should you have friends who might be interested please bring them along? For more information telephone **Lynn Holmes** on **07921297867**.

No need to book unless other wise stated, just turn up and enjoy.