



**FHT**  
Federation  
of Holistic  
Therapists

**LOCAL SUPPORT GROUP**

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## Calendar of Events 2012

Events for those interested in their health and well being

### Bath Local Support Group

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

Below are the events for the next few months 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. The entrance fee for each of the talks is now £5 for FHT members, £7 for non-members and £3 for students. Meeting times are 6.30pm with aim to start 7:00pm onwards.

**Date:** Tuesday 6<sup>th</sup> March 2012  
**Venue:** City of Bath College  
Avon St  
Bath  
BA1 1UP  
**Topic:** The Exciting World of Colour  
**Speaker:** Jon Critoph

*"You cannot fail to notice that we are surrounded by colour all the time be it the colour of the clothes we wear to the food we eat, the fluids we drink and often lighting as well. All play an important part in our lives and often we pick colours to support us in an area we may feel weak in. This will be a very experiential evening where many of our senses will be exposed to different colours primarily reflecting the colours of the chakras (and also the rainbow). Come with an open mind and leave with a balanced heart."* **Jon Critoph the FHT's Education Development Manager.**

Jon will lead some fun exercises to help participants understand the effects that colour has on their emotions and senses.

#### Future Events

The group will meet on the first Tuesday of every month. In the following months, there will be a range of speakers talking about Shiatsu, Bowen technique, Acupuncture, Natural Skin Care Ingredients, and many more topics.



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### **Meet Your New Coordinator**

The local co-ordinator is Robert Morgan, owner of Aranais Natural Bodycare in the Guildhall Market. The programme and further information is available on Aranais' website [www.aranais.co.uk/fht](http://www.aranais.co.uk/fht)

Pre-booking is essential, and the cost is £5 for members of the FHT and £7 for non-members. Bookings can be made by telephoning Aranais on 01225 920612 or by email to [robert@aranais.co.uk](mailto:robert@aranais.co.uk).

### **Please Note:**

If you have just picked up this leaflet from a clinic or retail outlet you may be wondering what all this is about? The Bath 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](http://www.fht.org.uk)

Should you have friends who might be interested please bring them along. For more information telephone Robert on 07771546218.