

Dates for your Diaries 2012

Events for those interested in their health and well being

Eastbourne & South Downs Local Support Group

Dates for 2012

Jan 30th Thai Chi (see below)

March 26th Social Networking

May 28th Marketing for Small Business

July 30th Treatment Evening (preparation of local directory for Meeting members)

September 24th Treatment Evening (preparation of local directory for Meeting members)

November 26th Winter Social

We are also looking at First Aid courses and a day course with Martin Jones talking about Holographic Breathing, which was requested after Martins talk in September 2011.

January 30th 2012.

Lynn who is a member of your group will be showing us Tai Chi and we will have a Tai Chi session. For those coming along I would suggest wearing comfortable trousers and soft flat shoes.

The New Year is often the time for trying something new – with this in mind I would like to introduce you to Tai Chi. Practiced in China for 100's of years this ancient art is suitable for everyone, all ages and physical abilities. Often referred to as 'meditation in movement' the slow controlled movements of Tai Chi have many benefits – including maintaining joints and improving posture to helping balance and co-ordination, breathing deepens bringing about a sense of calm. Tai Chi can be a complete workout for muscles, joints, ligaments and internal organs, a low-impact style of exercise, however despite its gentle appearance 'burns more calories than surfing and almost as many as downhill skiing' according to a recent article in the Sunday Express magazine, improving both cardiovascular fitness and flexibility.

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 Eastbourne & South Downs local support group is for practitioners, students and people who just have an interest in the complementary health, sports, 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. These meetings are open to the general public too.

If you have friends who might be interested please bring them along. For more information or to ask any questions please telephone **Jon** on **01273 672690** or email on **newsletter@BrightonHolistics.co.uk**

All the meetings are open to everyone