

Calendar of Events January –December 2012

Events for those interested in their health and well being

Hull & East Riding Local Support Group

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

Below are the events for 2012 for the Hull & East Riding local support group of the FHT. The events and any workshops are open to everyone; FHT members, members of other therapy associations, students and the general public. The entrance fee for each of the talks is still just a very reasonable £5 for FHT members and £6 for non-members and just £3 for students. The meetings start at 7:00pm and they finish by 9:00pm. I'd just like to say welcome to everyone & if you know of anyone at all who is interested, please feel free to bring them along.

Date: Monday 30th January 2012 7:00pm

Venue: The Bistro (behind The Star Inn Willerby)

Topic: *TOP TIPS ON HOW TO MAKE YOUR BUSINESS THRIVE*

Liz Lambert is a local therapist with a background in marketing, before she started as a therapist Liz had control of a substantial advertising budget & is vastly experienced in this field. Liz has kindly offered to share her skills with us & show us all how to market ourselves for very little outlay. Although we may be excellent therapists, I think there a lot of us that are very inexperienced in the ways of getting the best out of our businesses, I know I am in this category. Come along & learn the secrets of the advertising trade, it promises to be a fascinating & worthwhile evening,.

Date: Monday 26th March 2012 7:00pm

Venue: The Bistro (behind The Star Inn Willerby)

Topic: *ADD A SPARKLE TO YOUR SPRING WITH CRYSTAL THERAPY*

Leslie Cross is a practitioner of crystal therapy & has been practising for 15years, her aim as a complementary health practitioner is to empower people to help them bring back balance to their lives on a physical, spiritual & emotional level. Crystal Therapy is one of the ways in which she does this. Crystal Therapy treats the whole person, not just the symptoms. Crystals vibrate at a constant frequency & when placed on an imbalanced chakra its vibration helps to bring our energy back into balance, the crystal acts as a catalyst to activate the body's own healing process. This promises to be a fascinating insight into the world of Crystal Therapy, make sure you don't miss out.

Date: Monday 28th May 2012 7:00pm

Venue: The Bistro (behind The Star Inn Willerby)

Topic: *HOW TO LOOK PRETTY DAMN GORGEOUS PRETTY DAMN QUICK*

Victoria Farr is a freelance make up & hair artist & is passionate about her craft, she specialises in bridal & special occasion make up. Victoria qualified through City and Guilds Cosmetic Make Up Artistry & Beauty Consultancy with bespoke training through The Cheshire make Up Academy by some of the UK's leading artists to the TV & film industry.

Victoria has offered to show us all how to make the best of ourselves with some make up & beauty tips, so come along & learn How to Wow!

Date: Monday 16th July 2012 7:00pm

Venue: The Bistro (behind The Star Inn Willerby)

Topic: *FLOURISH THROUGH SUMMER WITH HERBAL KNOW-HOW*

John Andrews is a qualified medical herbalist, & has been practising in East Yorkshire for over 16years. He is also well known both nationally & internationally for his work in iridology & has written numerous text books on iridology, John combines his knowledge of herbal medicine, iridology & homotoxicology to help us maintain our health & wellbeing not only for today but for the long term. John is going to share some of his vast knowledge of herbs & what they can do for us so that we are ready for the summer holidays & beyond.

Date: Monday 24th September 2012 7:00pm

Venue: The Bistro (behind The Star Inn Willerby)

Topic:

FIND THE ANSWER TO YOUR BURNING QUESTIONS

Phil Clubley is a qualified Health Kinesiologist, he qualified in 2009 after discovering the benefits of Health Kinesiology for himself in 2007, he has also completed the advanced health kinesiology level of qualification and is a Research Associate in International Kinesiology Research Programme, the aim of which is to quantify & prove the validity of Health Kinesiology (HK). HK is an holistic therapy that uses powerful non-invasive techniques to restore balance & well being. By using muscle testing, the HK practitioner can identify energetic blockages within the meridian network & "correct" the disturbance allowing energy to flow freely to where it is needed. This promises to be a fascinating insight into a therapy that is not really very well known, come along & be truly amazed by what Phil has to say.

Date: Monday 26th November 2012 7:00pm

Venue: The Bistro (behind The Star Inn Willerby)

Topic: *MAKE THIS YOUR STRESS FREE START TO THE FESTIVE SEASON*

With the festive season nearly upon us, let's have a night of indulgence, this is a chance to find out the different therapies on offer by our members & to learn new tricks in the process, after all, who better to learn from than a fellow therapist, we can all share our tips & experiences with each other. As a group we have a diverse field of therapies on offer, & if we pair up & exchange short taster treatments then everyone can have the benefit of a treatment. So bring your therapies with you, anything that can be done sitting on or astride a chair.

"
|

All the meetings are open to everyone
Doors open 6:45pm