

Calendar of Events 2012

January, March & April
Events for those interested in their health and
well being

Southampton Local Support Group

The events for the first half of 2012 for our support group of the FHT are:

Human Design Shiatsu Emotional Freedom Technique

Our meeting venue is in the **Fleming Park Bowling Club, Kornwestheim Way, Eastleigh, SO50 9NL** which is at the rear of Eastleigh Borough Council Offices/Holiday Inn. Plenty of free parking is available in the council car park or Fleming Park Leisure Centre.

We start promptly at **7.30pm**, please aim to arrive by 7.00pm so that you can make yourself a complementary hot or cold drink and choose your seat. The Speaker of the evening will start at approximately 7.45pm. You will have plenty of time to ask questions before we break for refreshments and to enable you to network with other therapists, should you wish to do so. The evening will end by about 9.45pm as we vacate the building around 10pm.

The talks are open to everyone; FHT members, members of other therapy associations and the general public, you will receive 2 CPPD points for each meeting attended.

Anyone wishing to attend any of our meetings will have to pre-book and pay for their ticket as we cannot guarantee that if you turn up on the night without a prior booking, that there will be a place for you. Pre-booking lets us know how many handouts are required from the speakers if relevant, how many CPPD certificates to print out and importantly whether we need to let you know should there be a cancellation of the meeting at the last minute.

No tickets are issued for the free raffle prize for attendees paying on the night.

The entrance fee for each of the talks is £5 for FHT members and £8 for non-members

To book your ticket - please send your cheque made payable to **FHT Southampton** to Sylvia Jackson, 7 Thirlstane Firs, Chandlers Ford, Eastleigh SO53 4NX. A booking form for the meetings is available with all the relevant information or just drop a note to Sylvia.

Date: Thursday 26 January 2012

Topic: Human Design – The Human Instruction Manual – Jon Critoph

Jon is making his 5th and what now is becoming an annual appearance to our group, to talk to us about Human Design, The Human Instruction Manual.

Isn't it amazing when you buy a new fridge or TV there is an instruction manual and yet we come along into life with no instruction at all. Well that is until now with the arrival of Human Design and with it a wealth of knowledge about ourselves. For each one of us there are many unique attributes. Over the years we have often been taught to do the exact opposite of what is healthy and supportive for us. The talk will not be able to give everyone their one unique reading, but will give us some good hints and clues into how to improve the quality of our lives. It will require a little bit of up front work. **Jon will need names, date, times and places of birth in order to produce individual charts.** Where people do not know their time of birth, please see if you have any clues like it was around lunchtime. If not, just supply Jon with what you know and he will work from there. In order to make this a fun, lively and informative evening – just what we need to banish the post Christmas blues, **please let Sandy have your details (as above) by email sandywright@tiscali.co.uk no later than Saturday 10th December.** This will give Jon time to work out your chart to bring with him on the night. Please be reminded that you must pre-book your seat in order to partake in the chart reading.

Please be reassured that the information you supply to us will be for the use of this talk only and will be destroyed afterwards.

Date: Thursday 29 March 2012

Topic: Shiatsu – Charlie Fleet M.R.S.S.T – www.cdpositivebeing.co.uk

We are limited to number of attendees so please make sure to book in advance to ensure a place. Couches or duvets will be required as the evening will involve a 'hands on', interactive introduction into Shiatsu. Please wear loose comfortable clothing.

Charlie Fleet is a fully qualified Shiatsu therapist and also teacher of Shiatsu. He has been practicing the art of Shiatsu since 1999, and currently works from clinics in Southsea, Hayling Island, Somerset, and Southampton.

We will start the evening with some Qigong, which is suitable for all ages and fitness levels. So what is Qigong? Qigong (also spelled Ch'i Kung) is a powerful system of healing and energy medicine from China, Charlie finds this a really excellent way of starting any teaching, and its fun!

We will then be lead through some supportive hands on Shiatsu techniques that can be used on family and friends. This is very informal, and will give you time to give and receive Shiatsu, so you will gain your own insights into how Shiatsu can support you.

Shiatsu is a therapeutic physical therapy to help maintain energy flow through the body. It uses the same meridians and pressure points as acupuncture but without needles! People report it to be beneficial for many aches and pains, such as back pain, stiffness, migraine, M.E., menstrual problems, depression and release from the body of Trauma that may be being held, it also helps to reduce daily stress, so supports people in the caring professions. Shiatsu also works well alongside talking therapies, as it helps Synchronize the body and mind together.

If you would like to know more about Shiatsu please contact, Charles Fleet M.R.S.S.T. on 02380 693149 or c.d.fleet@tesco.net, www.cdpositivebeing.co.uk will give details of courses available.

Date: Thursday 19 April 2012

Topic: Emotional Freedom Technique (EFT) – Helen Smith

www.sitdownandrelax.co.uk

This evening, Helen Smith will be talking to us and demonstrating Emotional Freedom Techniques. For over 30 years Helen has given her time and energy in helping others to help themselves. She is a genuinely warm and empathetic individual who has a passionate belief in supporting people in taking responsibility for their own well being; and has an intuitive ability to home in on the core of what is the cause of your anxiety, fear or phobia.

What is EFT – Emotional Freedom Technique?

Simply, EFT is an easy and fast acting technique that balances the body's energy system.

How does it work?

The technique of tapping the meridian points, in conjunction with repetitive verbal affirmations, enables the release of trapped emotions.

Who Benefits?

Everyone - adults, teenagers, children and even babies.

What is the outcome?

In most cases you will find a release from fears, phobias, anxieties and stress leading to a more balanced life.

Helen will talk us through her experiences with plenty of time for you to ask questions. I'm sure you'll be able to pick up something from the talk that you'll find useful but please remember that this will only be a brief overview. To learn more please go to Helen's website at www.sitdownandrelax.co.uk

The Calendar of Events for the remainder of 2012 will be sent out by the end of April.

If you have any questions or queries please feel free to contact:

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