



Calendar of Events

Events for those interested in their health and well being

SOUTH WEST Complementary And Beauty Specialists Local Support Group

BELOW ARE THE EVENTS FOR 2012 FOR THIS LOCAL SUPPORT GROUP OF THE FHT. TALKS AND EVENTS ARE OPEN TO FHT MEMBERS, MEMBERS OF OTHER THERAPY ASSOCIATIONS, AND MEMBERS OF THE PUBLIC INTERESTED IN THEIR OWN HEALTH AND WELLBEING.

Date: THURSDAY 2ND FEBRUARY, 2012, 7-9PM
Venue: ALICE CROSS CENTRE, TEIGNMOUTH
Topic: THE WELLNESS TREE GROUP BY
CAROLINE SMALL & JO RUTHERFORD
(2 CPD POINTS)

The speed at which we live along with the challenges of living in today's world brings ever greater stresses to our health and wellbeing, and with the increasing levels of toxins and pollutants in our air, water and food, we need to start taking more responsibility for our own health.

The Wellness Tree Group core value is to provide people with the knowledge and tools empowering them to take responsibility for their own health, using the vital elements of nature; Light, Air, Water and Earth.

Please join us to find out more about achieving and maintaining optimum health...nature's way.

FHT MEMBERS £4, NON-MEMBERS £5

Date: FRIDAY 3RD FEBRUARY 2012
Venue: **ROOM 2**, ALICE CROSS CENTRE, TEIGNMOUTH
Time: 10.00-12.30, 1.30-4.00, 5.00-7.30, 8.00-9.00
Topic: THE WELLNESS TREE GROUP BY
CAROLINE SMALL & JO RUTHERFORD

We will be offering Light experience with a product called an Avalon; LED light therapy that can be used for relaxation, stress reduction, lower anxiety, lift depression and help with the condition SAD amongst other things.

We will also have our new cold laser portable handheld product which again will work on the above and more!!

The appointments will run from 10-12.30 and then again 1.30 to 4pm, 5-7.30, 8pm til 9pm. They will be on an appointment only basis each half hour and there will be 6 treatments per slot e.g 10.30 x 6 people, 11am x 6 people, etc



Federation of Holistic Therapists

The UK's largest professional therapist association

If you would like to make an appointment or would like more information, please contact Josie on 07561 540302 or Caroline on 07968 036863

ALL TREATMENTS ARE FREE OF CHARGE

Date: THURSDAY 5TH APRIL, 2012, 7-9PM
Venue: ALICE CROSS CENTRE, TEIGNMOUTH
Topic: INTRODUCTION TO PRECISION REFLEXOLOGY
BY JAN WILLIAMSON

(2 CPPD POINTS)

An overview of rationale. An explanation of the linking technique. The relationship between subtle energy work and Precision work. There will also be a practical demonstration.

FHT MEMBERS £4, NON-MEMBERS £5

Date: THURSDAY 7TH JUNE, 2012, 7-9PM
Venue: ALICE CROSS CENTRE, TEIGNMOUTH
TOPIC: TOUCHING BONE ENERGY WITH ZERO BALANCING
BY RICHARD WALTERS

(2 CPPD POINTS)

Touching bone energy with Zero Balancing allows us to transcend our emotional turmoil and connect with inner strength and clarity. Bones are the deepest, densest tissue of the body and carry strong, clear energy fields. Engaging this energy gives us access to deeply held tension and trauma and also the clearest vibration and wellness. This bodywork is a profound way of allowing our clients to relax deeply and find a place of deep stillness within. Richard will lead you through the fascinating ideas of Zero Balancing, with experiential exercises to deepen your understanding of touch and energy.

FHT MEMBERS £4, NON-MEMBERS £5

Date: THURSDAY 2ND AUGUST, 2012, 7-9PM
Venue: ALICE CROSS CENTRE, TEIGNMOUTH
Topic: INTRODUCTION TO DOWSING
BY JON CRITOPH

(2 CPPD POINTS)

Dowsing is not just for water with hazel branches but can be done with a whole variety of implements from rods to pendulums and can be used for a wide variety of purposes from finding lost items to looking at health issues and balancing chakras. The talk will very much be interactive and experiential as Jon shares some of his knowledge and experience of this wonderful arena. Come with an open mind and a willingness to learn.

FHT MEMBERS £4, NON-MEMBERS £5



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Date: THURSDAY 4TH OCTOBER, 2012, 7-9PM
Venue: ALICE CROSS CENTRE, TEIGNMOUTH
Topic: EMOTIONAL FREEDOM TECHNIQUE/QUANTUM RELEASE
BY JAN COURTNEY

(2 CPPD POINTS)

Jan will give us an explanation of how EFT works then, using a volunteer, will show how it can help overcome life's problems, including pain relief.

Then she will explain how Q R works and why it can be used instead of EFT.

She will also have us all using the EFT on ourselves.

Come along and see if it can help you!

FHT MEMBERS £4, NON-MEMBERS £5

Date: THURSDAY 6TH DECEMBER, 2012, 7-9PM
Venue: ALICE CROSS CENTRE, TEIGNMOUTH
Topic: HERBALS by JO RUTHERFORD

(2 CPPD POINTS)

An introduction on how to make simple remedies from your kitchen cupboard.

Jan will cover foot & hand soak, bath salts, skin tonic & moisturiser.

The ingredients are very simple and basic.

If you would like to get involved in making these items yourself please bring the following items with you:

(a complete list will be sent out before this meeting)

FHT MEMBERS £4, NON-MEMBERS £5

WORKSHOPS WILL BE AVAILABLE THROUGHOUT THE YEAR. IF YOU WOULD LIKE TO RECEIVE AN EMAIL ABOUT THEM PLEASE ENSURE I HAVE YOUR CURRENT EMAIL ADDRESS

For local information contact
HEATHER GRAHAM on 01626 772648 OR 07833 968748,
Or e-mail hgregflex@hotmail.com

SOUTH WEST Complementary And Beauty Specialists local support group is for practitioners, students and people who have an interest in 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