Your guide to what’s on

Winter 2012

Live well. Be well.
Welcome to The Wellbeing Centre

The Wellbeing Centre in Newbury provides you with the perfect retreat; a sanctuary of calm, to take you away from the stresses of everyday life, in a tranquil, warm, friendly environment.

Dedicated to the use of natural remedies, The Wellbeing Centre hosts a wide variety of affordable, holistic and well revered therapy to help boost your health and well being.

The Wellbeing Centre also helps your emotional well being with a range of proven counselling methods, to assist in personal development, help ease depression and improve emotional health.

Every well trained, professional practitioner and therapist at The Wellbeing Centre is wholly committed to your well being and general health. And after your therapy, The Wellbeing Centre is a great place to just sit and relax.

With our newly extended studio room, The Wellbeing Centre has become the location of choice for a number of community groups, mum & baby classes, meditation, yoga, pilates and much more.

The covered courtyard garden is the perfect setting for you to extend your stress free time at The Wellbeing Centre; to read, have a refreshment and perhaps talk to the array of practitioners about the therapies.
Gentle Exercise Classes
Core Strength Exercise Introduction to Kundalini Yoga Pilates
Meditations & Group Therapy Guided Transpersonal Meditation Group Meditation Relaxation Dreamwork Group
Pre & Postnatal Classes & Groups BabyCalm Baby Bumpkin HypnoBirthing Pregnancy Meditations Core Strength Pre & Postnatal NCT Homebirth Group Newbury Breast Friends Pandas Support Group

“Freedom for Birth” Film Premiere The Wellbeing Centre Open Day Macmillan Coffee Morning Hopi Ear Candling Homeopathy for Birth Indian Head Massage Acupressure Chair Massage Pandas Coffee Morning Introduction to the Law of Attraction Homeopathic Treatment of Childhood Illness Mastering Goal Setting Indian Head Massage Positive Thinking: Resilience The Wisdom of the Menstrual Cycle Natural Facelift Massage Hopi Ear Candling Embracing the Unknown The Wellbeing Centre Christmas Fair

Massage Treatments Abdominal-Sacral Massage Aromatherapy Massage Hot Stone Massage Indian Head Massage Injury & Soft Tissue Therapy Lymphatic Drainage Massage Natural Facelift Massage NO HANDS Massage Pregnancy & Postnatal Massage Raynor Massage Reflexology Reiki Shiatsu

Complementary Medicine Systems Acupuncture Homeopathy Kinesiology

Body/Manipulation Therapies Alexander Technique Bowen Technique Craniosacral Therapy Osteopathy

Talking Therapies Counselling (incl. Child Counselling & Counselling Psychology) EFT Hypnotherapy Life Coaching Psychotherapy Transpersonal Psychotherapy

Contents
Groups & Classes

Gentle Exercise Classes

Core Strength Exercise
A 6-week course designed to strengthen abdominals, strength, coordination and balance using medicine balls, swiss balls, dumbbells, mats & resistance bands.
Start date: Ask for details

Introduction to Kundalini Yoga
A 6-week course to introduce you to this integrated and authentic system that uses the power of breath, sound and exercise to stimulate the kundalini energy and unlock your potential.
Start date: 27 September
♀ Tuesdays 7.30 – 9.00pm

Pilates
6 week beginner/improver Pilates courses to improve core strength and tone your body.
Start date: Ask for details

Meditations & Group Therapy

Guided Transpersonal Meditation
A self-development class using methods drawn from the transpersonal & meditative traditions to explore the inner world of the psyche.
♀ Fridays 12.30 – 2pm

Group Meditation
Suitable for both beginners & more experienced meditators, this group will explore a variety of time-honoured techniques drawn from different traditions.
♀ Fridays 2.30 – 3.30pm

Relaxation
Enjoy being guided into a state of deep relaxation with simple, safe, effective techniques for complete relaxation and so start your weekend calm, refreshed & re-energised.
♀ Fridays 4 – 5pm

Dreamwork Group
Explore the nature & meaning of dreams with Dido Denman.
♀ Mondays 12.00 – 1.30pm

Reiki Share
Give and receive Reiki as well as having the opportunity to receive guided meditations and empowerments. For people already attuned or interested in Reiki.
♀ Mondays 7.00 – 9.00pm

See our handy timetable planner at the back of this booklet.
Pre & Postnatal Classes & Groups

BabyCalm
A 4-week postnatal course for mums and their new babies. Learn how to calm your baby's cries, soothe colic and encourage sleep.
Start dates: 2 October
20 November
♀️ Tuesday 10.00 – 12.00pm

Baby Bumpkin
These classes combine storytelling, music and simple baby yoga movements, giving babies from 6 weeks to toddlerdom a great physical foundation for their development.
Start dates: 6 September
8 November
♀️ Thursdays 9.30am (6 weeks – sitting)
♀️ Thursdays 10.20am – crawling to 24 months

HypnoBirthing
Learn how to remain deeply relaxed during labour and enjoy an easier and more comfortable birth experience for both mum and baby.
Start dates: 13 September
8 November
♀️ Thursdays 7.00 – 9.30pm

Pregnancy Meditations
Guided meditations and breathing techniques to help pregnant mums stay relaxed and focused throughout pregnancy, birth and beyond.
♀️ Thursdays 1.00 – 2.00pm

Core Strength Pre & Postnatal
6-week courses specifically designed both for mums-to-be & new mums with their babies (6wks – 7mths) using medicine balls, swiss balls, dumbbells, mats & resistance bands.
Start Dates: TBA
♀️ Prenatal Classes
♀️ Postnatal Classes
♀️ Mondays 10.00 – 10.45am

NCT Homebirth Group
A peer support group for expectant parents interested in exploring their option to birth at home with doulas, midwives & parents with homebirth experience also attending.
♀️ Every third Thursday of the month
♀️ 8.00 – 9.30pm.

Newbury Breast Friends
A weekly drop-in café providing mother to mother support and information for all breastfeeding mums or mums-to-be in a relaxed and friendly atmosphere.
♀️ Fridays 10.00 – 11.30am

Pandas Support Group
A group for people living with Pre and Postnatal Depression who come together to support each other; an opportunity to talk to people who understand what you’re going through.
♀️ Every third Wednesday of the month
♀️ 10.00 – 11.30am.

Community Group: no appointment necessary but strongly recommended.
Workshops & Events

“Freedom for Birth” Film Premiere
A campaigning documentary featuring Ina May Gaskin, Sheila Kitzinger and other world birth experts calling for women to take back childbirth.
📅 Thursday 20 September 8 – 9.30pm

The Wellbeing Centre Open Day
Come along to find out what is available at the centre and how we can help you. Introductory talks about a range of different therapies, demonstrations and taster sessions available.
📅 Saturday 22 September 10am – 5pm

Macmillan Coffee Morning
Coffee and cake and good company with Newbury Breast Friends. All money raised will make Macmillan time to help people affected by cancer.
📅 Friday 28 September 10 – 11.30am

Homeopathy for Birth
How to use your homeopathic birth kit. Bringing alive the remedy pictures for more accurate prescribing.
📅 Saturday 29 September 10am - 2pm

Training Workshop
Indian Head Massage
Training workshop ideal for beginners with no massage experience or therapists looking to add this popular therapy to their existing treatments. This treatment works on particular areas of the body, especially the head, neck and the shoulders where stress affects major muscle groups.
📅 Saturday 29 September 10am – 5pm

Training Workshop
Hopi Ear Candling
Training workshop ideal for beginners with no massage experience or therapists looking to add this popular therapy to their existing treatments. Ear Candling is a pleasant, gentle and non-invasive treatment of the ears, used to treat a variety of conditions.
📅 Sunday 23 September 12 – 4pm

Training Workshop
Acupressure Chair Massage
Training workshop ideal for beginners with no massage experience or therapists looking to add this popular therapy to their existing treatments. The Acupressure Chair Massage focuses on treating the back, shoulders, neck, scalp, arms and hands.
📅 Sunday 30 September 10am – 5pm

Pandas Coffee Morning
BabyCalm Book launch and coffee morning raising money for the PANDAS foundation offering a new support service for those affected by Antenatal & Postnatal depression.
📅 Thursday 4 October 10 – 11.30am
Introduction to the Law of Attraction
How the Law of Attraction works and how you have the power to change your life for the better!
ณ Friday 5 October 6 – 8pm

Homeopathic Treatment of Childhood Illness
How to manage childhood illnesses holistically with the use of homeopathy.
ณ Saturday 6 October 10am - 2pm

Mastering Goal Setting
How to transform dreams into ambitions and ambitions into goals.
ณ Wednesday 10 October 10am – 1pm

Training Workshop
Indian Head Massage
Training workshop ideal for beginners with no massage experience or therapists looking to add this popular therapy to their existing treatments. This treatment works on particular areas of the body, especially the head, neck and the shoulders where stress affects major muscle groups.
ณ Sunday 28 October 10am – 5pm

Positive Thinking: Resilience
Learn how to connect with yourself & change your thinking to help move your life forwards.
ณ Wednesday 14 November 10am – 12pm

The Wisdom of the Menstrual Cycle
Tuning into your own rhythms by looking at the menstrual cycle from a spiritual paradigm.
ณ Saturday 17 November 10am - 2pm

Training Workshop
Natural Facelift Massage
Training workshop ideal for beginners with no massage experience or therapists looking to add this popular therapy to their existing treatments. The Natural Facelift Massage is a mix of facial reflexology and acupressure points and facial massage techniques
ณ Saturday 24 November 10am – 5pm

Training Workshop
Hopi Ear Candling
Training workshop ideal for beginners with no massage experience or therapists looking to add this popular therapy to their existing treatments. Ear Candling is a pleasant, gentle and non-invasive treatment of the ears, used to treat a variety of conditions.
ณ Sunday 25 November 12 – 4pm

Embracing the Unknown
Learn how to overcome the fears of the uncertainties in our lives.
ณ Wednesday 12 December 10am – 12pm

The Wellbeing Centre Christmas Fair
Browse a selection of wellbeing-inspired shop stalls to treat yourself, family and friends. Indulge yourself in a balancing and uplifting taster treatment.
ณ Saturday 1 December 10am – 5pm

Sign up for our regular newsletter at www.newburywellbeing.com for all the latest events and workshop news.
**Massage Treatments**

**Abdominal-Sacral Massage**
Abdominal-Sacral Massage combines different healing techniques to address common abdominal complaints such as reproductive and digestive disorders.

**Aromatherapy Massage**
Massage using essential oils which each have their own therapeutic properties. The massage carried out can be suited to the clients needs with regards to pressure/concentrated areas etc.

**Hot Stone Massage**
A deeply relaxing full body massage lasting for 1 - 2 hours using heated stones. The massage is suited to people who enjoy heat and is great for detoxing and releasing tension in the muscles.

**Indian Head Massage**
Based on Ayurvedic Healing, Indian Head Massage aims to release stress and tension in the head, neck, shoulders, upper back and face.

**Injury & Soft Tissue Therapy**
Injury & Soft Tissue Therapy combines remedial massage with kinesio taping and personal training/nutrition advice as required. This offers a holistic approach to rehabilitation.

**Lymphatic Drainage Massage**
A very light massage that works on the lymphatic system, therefore helping the body eliminate waste products and boost the immune system.

**Natural Facelift Massage**
A safe, natural way to stimulate the facial muscles using oil and a variety of techniques to improve complexion and lift the face.

**NO HANDS Massage**
NO HANDS Massage is deep, releasing, rejuvenating and nourishing. It is a massage that works on every level: physical, energetic, emotional, mental & spiritual.

**Pregnancy & Postnatal Massage**
Pregnancy and Postnatal Massage has many benefits including improved circulation, tension and stress release, and stronger body/mind connection which is very important for labour.
Raynor Massage
Raynor massage takes the best from different styles of massage techniques, which are then integrated and evolved to fit in with the Raynor philosophy of locating every bit of tension in the body and releasing it.

Reflexology
Reflexology is the use of specific techniques to apply pressure to the hands and feet to promote relaxation and wellbeing. The hands and feet are a map of the body and by stimulating them balance and vitality can be restored throughout the whole body.

Reiki
Reiki is an ancient form of energy healing originating in Japan. Reiki (meaning universal energy) flows through the practitioner’s hands, and the recipient unconsciously decides how much to draw and where in the body to send it.

Shiatsu
Shiatsu is a Japanese hands-on healing system which uses the power of touch, active perpendicular penetration, joint rotations and gentle stretching techniques to balance the flow of the body’s vital energy or ‘Ki’.

Complementary Medicine Systems

Acupuncture
Acupuncture is an ancient Chinese system of healing that involves treating patients by stimulating energy channels within the body with fine, solid needles that are inserted into the skin to restore balance and activate the body’s natural healing ability.

Homeopathy
Homeopathy is a complete system of medicine and can be used to treat all kinds of illnesses, from emotional to physical diseases. It is a safe, holistic system that works with the body’s own healing processes.

Kinesiology
Kinesiology is a deep but gentle holistic therapy, combining western techniques with the principles of traditional Chinese medicine. Its distinguishing tool is muscle testing; a method of tapping into the body’s knowledge to identify the underlying causes of health problems, and to guide the therapeutic process.

All treatments are provided by our qualified practitioners in our relaxing and private treatment rooms.
**Body/Manipulation Therapies**

**Alexander Technique**
Developed a century, Alexander Technique is a way of becoming more aware of balance, posture and movement in everyday activities, thereby easing stress-related symptoms and encouraging personal growth and transformation.

**Bowen Technique**
The Bowen Technique is a holistic treatment made up of a series of gentle rolling moves with frequent pauses between these moves to give the body time to benefit from each set.

**Craniosacral Therapy**
Craniosacral Therapy is an extremely gentle hands-on therapy with no manipulation that assists the release of compression and stress in the cerebrospinal fluid which bathes and cushions the brain and spinal cord. Suitable for all ages, even newborn babies.

**Osteopathy**
Osteopathy is a system of diagnosis, treatment and rehabilitation for a wide range of medical conditions such as repetitive strain injury, back pain, neck pain, headaches, postural changes in pregnancy and arthritis pain.

**Talking Therapies**

**Counselling (incl. Child Counselling & Counselling Psychology)**
Counselling focuses primarily on specific problems, current life changes, and the fostering of clients’ wellbeing, by exploring difficulties and the strengths and strategies that clients have to overcome them.

**EFT**
EFT (Emotional Freedom Technique) is a simple, non-intrusive and effective method of dealing with stress and diffusing emotional issues.

**Hypnotherapy**
Hypnosis is really deep relaxation, relaxing the Conscious, Thinking part of the mind to enable the therapist to tap into an individual’s Subconscious. It is a deeply relaxing experience and one which addresses a range of emotional, behavioural and even physical issues.

**Life Coaching**
Life Coaching is a collaborative solution-focused, results-orientated process that unlocks people’s potential to maximise their own performance with the emphasis on self-directed learning and personal growth.

**Psychotherapy**
Psychotherapy addresses problems that are more deep-seated, complex or enduring. Therapy is aimed at unveiling the origins of such patterns and restructuring the personality in a more beneficial way.

**Transpersonal Psychotherapy**
Transpersonal psychotherapy is concerned not only with the ‘breakdown and repair’ of ordinary functioning but with our potential to grow beyond the ego to the heights and depths of the psyche.
## Groups & Classes planner
### Winter 2012

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Core strength Postnatal 10.00 - 10.45</td>
<td>BabyCalm 10.00 - 12.00</td>
<td>Baby Bumpkin 1 9.30 - 10.10</td>
<td>Baby Bumpkin 2 10.20 - 11.30</td>
<td>Newbury breast friends 10.00 - 11.30</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Dreamwork Group 12.00 - 1.30</td>
<td></td>
<td>Pregnancy meditations 1.00 - 2.00</td>
<td>GT meditation 12.30 - 2.00</td>
<td>Group meditation 2.30 - 3.30 Relaxation 4.00 - 5.00</td>
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<tr>
<td><strong>Evening</strong></td>
<td>Reiki Share* 7.00 - 9.00</td>
<td>Kundalini Yoga 7.30 - 9.00</td>
<td>Core strength prenatal 6.30 - 7.15</td>
<td>Hypnobirthing 7.30 - 9.30</td>
<td>NCT Homebirth group ** 8.00 - 9.30</td>
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* Reiki Share runs every other Monday.
** NCT Homebirth group runs every third Thursday of the month.

### Workshops & Events

We hold regular Workshops & Events throughout the year and are adding new ones all the time. Please ask at reception or visit [www.newburywellbeing.com](http://www.newburywellbeing.com) for our latest, up to date schedule.
“The Wellbeing Centre is a cosy spa-like environment, perfect for escaping the hustle and bustle of everyday parenting and work.”

Shelley. Wellbeing client.

Drop in reception
Weekdays 9.30am – 2.30pm or by appointment.

Freephone 0800 0430713
www.newburywellbeing.com