

3-day Intuitive Massage & Yoga course – a long weekend of relaxation, giving and receiving

at the Vale Centre, Wincanton, Somerset



Evening view of the Blackmore Vale from the grounds of the Manor House, Vale Centre

Course facilitators: Jan Trewartha and Claire Nichols

Jan originally qualified as a State Registered Nurse in 1983 and started training in complementary therapies in 1988. She has clinics in Windsor and London and specialises in the deep release of emotional and physical trauma. Jan has been teaching since 1992 and is the Principal of the Body in Harmony School of Massage & Bodywork.

Claire is a gifted Aromatherapist and Yoga teacher. Yoga is the inner journey that brings our awareness into our physical, emotional and psychological health and helps release those deep seated inner tensions that rob us of our inner peace and tranquillity.

The *Intuitive Massage and Energy Awareness* 3-day course is suited to both beginners and improvers. Jan and Claire will work with each of you to your own level to bring out your potential and a trust in your own ability and intuition. This will be a wonderful weekend in which to relax, to give and receive, and to develop your ability to help others and to help yourself.

The course will cover the following elements: Body scanning; self-scanning; exercises to develop your intuition and energy awareness; full body massage with the emphasis on the intuitive approach (although some classic massage moves are introduced); posture and self-care; meditation for self-healing, introduction to Aromatherapy..

Dates: Friday 12th – Sunday 14th February inclusive (arrive Thursday night)

Fee: £200 per person

Course includes 3 full days massage teaching (10.00am – 5.00pm Fri & Sat; 10.00 am – 4.00pm Sun.), (optional) morning Yoga sessions at 8.00am and evening teaching/meditation sessions, welcome soup & sandwiches Thursday night, vegetarian buffet lunches Fri, Sat, & Sun. Different diets catered for by request. All participants receive a certificate of attendance.

(Accommodation & evening meals not included: average cost of shared accommodation in the Vale Centre cottages (see website for details – www.valecentre.co.uk) £30-£35 per person per night; single accommodation £45 per person per night. Good range of B&Bs available locally. Evening meal may be taken in local pubs/restaurants, or 2/3 course vegetarian evening meals may be pre-booked and delivered to your Vale Centre cottage @ £8.50/£10.50 each with a minimum of four people ordering.

(There is a fridge and crockery/cutlery at the Centre - participants not staying on site are welcome to have breakfast there between Yoga and morning massage session.)

Stoke Trister is a tiny village in a valley near Wincanton. (Nearest main road A303). For further details about this beautiful, peaceful venue, The Vale Centre, (as featured in The Independent, 12th April 2006 and in the new Footprints guide) please see the website: www.valehealing.co.uk or telephone Jan Trewartha on the number given below

Testimonial:

Thank you for a great massage and yoga weekend!

There are so many pressures upon couples these days. What a wonderful opportunity you gave us to avoid the distractions of modern living in the peace and quiet of a beautiful rural location. We had space and time to give attention to ourselves and each other, our health and wellbeing and the valuable feelings we share. We regularly massage one another now, remembering our time with you. Thank you and your team for your dedication to us, we felt really special.

Kind regards, Joe & Heather Baker



**Body in Harmony
Windsor Acupuncture Clinic
5a St Leonards Road
Windsor, Berkshire, SL4 3BN
Tel: 01753 867877 / 0772 402 7748
Email: jan@bodyinharmony.org.uk
www.bodyinharmony.org.uk**