



‘Mind, Body Spirit Workshops’.



**HEART Centre, Bennett Road
Headingley, Leeds LS6 3HN.
See over for dates & details
*June & July 2011***

Contact Carol for further details 0113 2690356.
Or see web-site www.leedscombinedarts.org.uk/mbs/.



‘Mind, Body Spirit Workshops’.



**HEART Centre, Bennett Road,
Headingley, Leeds LS6 3HN
See over for dates & details
*June & July 2011***

Contact Carol for further details 0113 2690356.
Or see web-site www.leedscombinedarts.org.uk/mbs/.

Monday 6 June 7.30 p.m.
'Positive Living'
A Talk and practical session with Anne Grey.

This talk focuses on ways of assisting physical and emotional health and wellbeing, including Homeopathy, EFT and Meditation, and how to experience peace and happiness in the moment, here and now. It also includes some EFT, a short healing visualisation, some fun group exercises and ends on a beautiful 5-minute meditation so that the group members can actually have an experience of what we're talking about - living positively, experiencing peace and happiness now, in the moment. Entrance £3.50 (Members & Concessions £3.00). Includes light refreshments.

Wednesday 29th June 7.30 p.m.
'Stop the Mind I won't to get off'
Talk and Meditation with Sally Chaffer.

Have you noticed how much energy we waste when lost in the constant stream of thoughts as our mind goes channel-hopping?. Sally holds the space for you to have your own unique experience of stillness and offers clear insights into how you can step back into that state whenever you need to. Learn some valuable tips and techniques to help you realise that you can take back that remote control and hit the pause button to preserve your energy!.

Wednesday 27th July 7.30 p.m.
***'The Alexander Technique'* Talk & Practical Session**
with Pat Brown

The Alexander Technique helps unravel the years of tense muscles and poor postural habits. It teaches you how to avoid unnecessary strain and tension in everyday activities - standing, walking, sitting, bending, or even using a computer. By learning to release tension, move more fluently and minimise your own bad habits, you'll find the Technique will help you feel calmer, taller, lighter, and looser.

**All workshops take place at Headingley Enterprise & Arts Centre (HEART), Bennett Road, Headingley, Leeds LS6 3HN
Entrance £3.50 / £3.00 concessions. (Pay on the door).**

Leeds Combined Arts reserves the right to make changes to the programme if necessary, and when due to circumstances beyond their control.

Monday 6 June 7.30 p.m.
'Positive Living'
A Talk and practical session with Anne Grey.

This talk focuses on ways of assisting physical and emotional health and wellbeing, including Homeopathy, EFT and Meditation, and how to experience peace and happiness in the moment, here and now. It also includes some EFT, a short healing visualisation, some fun group exercises and ends on a beautiful 5-minute meditation so that the group members can actually have an experience of what we're talking about - living positively, experiencing peace and happiness now, in the moment. Entrance £3.50 (Members & Concessions £3.00). Includes light refreshments.

Wednesday 29th June 7.30 p.m.
'Stop the Mind I won't to get off'
Talk and Meditation with Sally Chaffer.

Have you noticed how much energy we waste when lost in the constant stream of thoughts as our mind goes channel-hopping?. Sally holds the space for you to have your own unique experience of stillness and offers clear insights into how you can step back into that state whenever you need to. Learn some valuable tips and techniques to help you realise that you can take back that remote control and hit the pause button to preserve your energy!.

Wednesday 27th July 7.30 p.m.
***'The Alexander Technique'* Talk & Practical Session with**
Pat Brown

The Alexander Technique helps unravel the years of tense muscles and poor postural habits. It teaches you how to avoid unnecessary strain and tension in everyday activities - standing, walking, sitting, bending, or even using a computer. By learning to release tension, move more fluently and minimise your own bad habits, you'll find the Technique will help you feel calmer, taller, lighter, and looser.

**All workshops take place at Headingley Enterprise & Arts Centre (HEART), Bennett Road, Headingley, Leeds LS6 3HN
Entrance £3.50 / £3.00 concessions. (Pay on the door).**

Leeds Combined Arts reserves the right to make changes to the programme if necessary, and when due to circumstances beyond their control.