

SPRING NEWSLETTER

We have now settled into our space at LA Fitness and have received positive feedback from our clients – we would like to say a big thank you for your continued support! Below are details of up and coming events, classes etc for your interest

QI GONG...

The Tuesday evening class has been a HUGE success and participants are very enthusiastic - to the extent that they refused to have a 2 week break over Easter and settled for just the Tuesday of Easter week itself! Such commitment! The class (now full) is halfway through their second 6 week set and report that they are keen to continue.

After several requests we are piloting a **SUNDAY SESSION** of Qi Gong on **Sun 9 May at 11am** to be followed by a further **5 Sunday classes** if there is sufficient interest. Further details appear on the website or contact Janet Thomas on 07876 223313. Booking is essential as there is limited floor space at the Birmingham Centre for Chinese Medicine where classes are held so contact Janet asap to reserve your place.

END-TO-END...

Bobby has now moved from Triathlons (which he still does!) and as a member of the **Bury Tandem Club for the Blind and Visually Impaired** is doing an End-to-End in July of this year with team-mate Derek. The two teamed up last year when Derek was a massage client at Bobby's Bury practice - Bobby's the "Pilot" or Front Rider and the two are practicing seriously to achieve their aim of cycling the length of the country in 6 days!



They are setting out from Lands End to cycle the **843 miles** to John o' Groats- all contributions welcome as they are doing this for charity!! Janet will be providing massage along the way (during the 2nd half in Scotland) and Derek will be celebrating his 72nd birthday the day they arrive if all goes to plan!



Bobby's practice runs include cycling to work (Manchester to Birmingham....107miles) some Wednesdays - nobody can say he isn't dedicated! **Contributions can be made through** www.justgiving.com/DerekandBobby

SPREADING THE MASSAGE MESSAGE...

Bodymind Clinic is taking part in a Health & Wellness day being held by the Office of the Public Guardian in May. We hope our efforts will introduce a variety of forms of relaxation & stress reduction to people in need of our help!

We will be providing 10 minute on-site massage treatments and two half-hour sessions of Qi Gong so that employees get to experience the benefits first hand.

If this would be of interest to you or your employers then contact us for details.

*Hoping you enjoy Spring and Summer 2010!
Best wishes from us all at Bodymind Clinic*