

## ... in our relaxing therapy room

### Tiny pinpricks with a BIG impact

Acupuncture can provide a subtle and effective complementary boost to your system when you need it most. For families, that usually means when there's change and transition, perhaps a baby is due, or a youngster hits the puberty barrier with a crash, or maybe mum just needs a lift to help her deal with testing times.

Lena Withers has been offering acupuncture treatment for more than 13 years, and notes that it can be seen as a lifeline in the sometimes stormy seas of family life. She has worked with many women during the pre-pregnancy stage, during pregnancy – and in fact, she's even helped women in the stage before that!

"I've done a lot of work with assisted conception," says Lena, a mum of four young boys herself. "It's a course in understanding life, it can be very stressful and it can put great pressure on the woman's system. Acupuncture can complement IV treatments very effectively. It can help alleviate the side effects of the drugs and, perhaps just as importantly, that that treatment gives a woman a form of sanctuary in which to talk about her anxieties and worries."



Once the baby arrives, everyone hopes mum and baby will thrive but sometimes doctors and the stress of dealing with a demanding little creature can leave new mothers drained and even depressed. The soothing effects of acupuncture can make a real difference to the stressed new mum.

"I can treat children from the age of eight," says Lena, who has helped her own 12-year-old recover from stress headaches with acupuncture. "Teenagers respond very well, right from 16/17-year-olds who suffer from acne, and it's made a huge difference to her." When acupuncture does its job to rebalance the body's system of energy and, in family life, there's always change.

"The treatment can be really effective for all kinds of issues that arise out of stress, like sleep problems and headaches," says Lena. "And the time and space you're given allows you to offer a new focus to that whatever the stress, they can be aired in a calm and supportive environment."

## Welcome to our new therapist . . . Francis McGinty

"I'm often asked, 'Can hypnosis help my child?' and the answer is a resounding YES!

Children are particularly responsive to positive change and always enjoy receiving hypnosis. Hypnosis is able to quickly and effectively help build self-confidence and heal phobias, anxieties and eating disorders.

My methods are very effective when helping children reach their potential, especially when communication is a problem for them. By helping them improve their memory and raise their self-esteem, I can also increase their school grades and exam results. Hypnosis also gives children self-confidence and strength to cope with bullying.



All of the therapists featured in this newsletter practice from our wonderfully calm therapy room and all our featured instructors teach small groups in our under-floor heated studio.

**Shambhala Gift Vouchers are a really nice way to give your friends and family a great way to relax and you can specify the value of your gift in any amount of purchase.**

To avoid disappointment it is essential that classes and therapies are booked in advance.

## A final thought . . .

Whilst focusing on the children in our local areas and how we can enhance their lives and experiences, it is difficult not to think about those further afield who are struggling to get the education that we all take for granted, that allows children to have the advantages it can provide.

At present Kooch Primary School doesn't have any walls or desks. It is a roof floor and the nearest water is 1.8km away. Our fundraising target of £50,000 will provide a brick built school building, 3 classrooms, a sanitation block, a library and all the books, school furniture, teaching equipment and a teacher training needed for the next two years after which they will be totally self-funded.

If you would like to help 300 children have an education they wouldn't otherwise have had please sponsor me on a grant of 1,000 km cycle across Uganda's mountainous regions, reaching the new school site in February. Please go to [www.amberrichintheschool.com](http://www.amberrichintheschool.com) when you can make a donation. Every penny will go to the school project and makes a HUGE difference! Many many thanks.



x Lyn

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## Natural remedies that are perfect for little ones

As every mother knows, a baby can go from being lively and cheerful one minute to feverish and lethargic the next - and, fortunately, most of the time, back to bright and breezy almost as quickly.

Knowing that you can help, first to figure out what the problem might be and then to provide an effective remedy can be a real godsend, which is where Helen Conner comes into her own.

A therapist with over 25 years' experience, Helen is specially well-qualified to help decipher a baby's "I'm-unwell!" message and come up with a gentle and effective natural remedy.

"I have four children and four grandchildren of my own," says Helen, 67, "so when I don't see my own children now - I'm not clear to them - I've just discovered enough from my grandchildren to be able to provide remedies for them, which is great."

Honorary work can be like-for-like basic if you have a high temperature, for example, one homeopathic remedy might be to give you a tiny dose of something that has temperature-raising properties. "And in young children and babies, it's often a very simple matter to discover another problem here," says Helen. "I think of the diagnostic part of my treatments as being like peeling away the layers of an onion. In children there tend to be very few layers, so you can get to the root of the problem fairly quickly and easily."

Helen has seen a huge increase in the number of children she treats who suffer from allergies, particularly food allergies. "It can be very difficult for the baby or child as well as for the mum," she says. "Just coming and talking about the problem can be a great relief for mum and in order to do everything more things will happen for the child. And for new mums especially, Helen has an effective toolkit to help combat sickness and stress. "It often works on babies before which can help to alleviate some of the key symptoms of stress, like depression and poor digestion. While it's very much focused about curing on the baby, I can help her bring her focus back to being a mummy as she feels her own stress."

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## Family friendly classes . . . in our beautiful studio

### Yoga for kids, teenagers and families

Children have a hectic time of it these days, apart from school, there are all kinds of activities and events to keep them occupied, from music lessons to fancy clubs. But how many children are there that will give them vital skills they can use every day of their lives?

Yoga is one of the ways of helping your children to develop life skills that will stand the test of time, through good times and bad, and at Shambhala, children's teacher Caitlin Masud sees how well youngsters respond to the ancient practice. "I've developed classes for youngsters that involve games and props and all kinds of things to make it fun and engaging," says Caitlin, who has been teaching yoga to youngsters for over 15 years.

often brings running a yoga class. "I've loved yoga since I was 17," says Caitlin. "She comes along with my mum and it's a lovely way of reinforcing their bonding. Of course, you have to take a very laid back approach when you've got small young children in the room before and after children's. "I know what a great hobby pilates was to me when I had my children," she says. "Of course, you have to check with your doctor and/or midwife, and you must always let your instructor know your pregnant."

**Family Yoga for all ages, encourages good posture and balance whilst developing strength and flexibility. Caitlin starts this class with Jo on Sunday 10th-11th Nov 10am-11.30am**

**Adult Yoga class on Monday 10th-11th Nov**

**DONNA TEACHES: Yoga for Mums & Babies Please contact the studio for the next date**

### Pilates during and after pregnancy

Nature does a magnificent job of preparing a woman's body for the arrival of her baby and pilates can give nature a helping hand. And afterwards, when the new mother's world revolves around the baby, pilates can help her to regain some focus on herself at a time when she's often lost in a long list of demands on her time.

Shambhala's Nikki Nicholas has been teaching pilates for 15 years and has now been teaching classes on how to help both the pregnant mummy-to-be and the new mum. She's always experienced the benefits herself. A mum of six, she notes the ease of a 6 or 7-year-old child at adapting the classes of women before and after childbirth. "I know what a great hobby pilates was to me when I had my children," she says. "Of course, you have to check with your doctor and/or midwife, and you must always let your instructor know your pregnant."

The key benefits of pilates are those that are particularly important to a woman who is pregnant, or a woman with a new baby. "You'll experience improved body awareness, which can help with your balance - crucial when your centre of gravity is changing as you change shape while your baby is growing inside you - and we work on the pelvic floor, too, and on breathing techniques."

The emotional and psychological benefits of pilates are equally important and relevant. "The development of mind-body awareness is a great bonus," says Nikki. "You learn to know so much about your body, it's wonderful when you come to your physical self in so many ways now."

**We have 3 wonderful Pilates teachers: Nikki and Lauren teaching daytime classes on Mondays, Wednesdays and Thursdays as well as evening classes on Mondays, Wednesdays and Thursdays.**

**Allen teaches four or two weekly classes at Shambhala and has recently introduced two 15-min meditation classes.**

GIFT VOUCHERS available

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# family NEWSLETTER SHAMBHALA

winter 2011

LEIGH'S PREMIER YOGA & PILATES STUDIO



If you're never tried Yoga or been to Shambhala please come along and try your first class for FREE

## Welcome

Since Shambhala opened its doors five years ago we have been busy gathering together a host of amazing teachers and therapists with a special interest in the wellbeing of the whole family

With so many fantastic people, offering a vast array of classes and therapies, we decided to share some of their talents with you, in this our first ever newsletter specifically aimed at you and your family. We look forward to welcoming you to our beautiful, family friendly studio in the very near future.

x Lyn

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## Treatments for all the family . . .

### The most gentle touch of all

**Bonding with your baby is vital and truly joyful part of the parenting process, and one of the key benefits of baby massage is that you will strengthen that special relationship.**

Deanna Brown, Shambhala's baby massage expert, understands the importance and essential bond here of and uses the baby massage skills she teaches on the one-to-one baby girl, Evee, who is now a happy 10-month-old. "I had quite a difficult birth," says Deanna, 36, "and I was worried that I hadn't been able to bond with Evee from the very start, so baby massage was really important to me".

Deanna has eight years' experience as an occupational therapist, working with children with a range of problems from sensory issues to all kinds of difficulties in the autistic spectrum. She even uses the baby massage therapy while she is pregnant, and now manages Evee's care too. "It's very relaxing for both of us," says Deanna "and it definitely strengthens our bond. It's also helped us to establish a very loving and peaceful bedtime routine." While every parent understands instinctively that a middle can calm a child, research confirms that a gentle touch or a long calm stimulates the release of the "love hormone" oxytocin which can help to

blend parents, promote relaxation and reduce anxiety - not just for baby, but for parent too. Evee's motor skills are developing quickly, and she's already crawling and walking, so the message has changed in her life has developed. "Now she's more mobile, I manage her first and last naps and the loves it. And the message is great for helping her to regulate when it's coming up to bedtime." "My message was really important to me".

Deanna teaches baby massage and mother and baby yoga courses at Shambhala - call the studio for further details and dates.

[Deanna@shambhala.com](mailto:Deanna@shambhala.com) or 01702 478924

## Soothe away those pregnancy aches and pains

From baby bump to birch can be a magical time for the expectant mum - and it can sometimes be too, as her body changes and develops to accommodate the growing baby.

Allen Bernham has all the skills of her forgotten to ease the aches and pains a pregnant mum might be feeling, either with pregnancy massage or reflexology.

"Some women love the whole message, some prefer just to have their feet massaged," says Allen who has been a qualified massage since 2002. "It really depends on the individual but the benefits can be just as powerful either way." The main benefit is, of course, that the mum-to-be gets a delicious, relaxing massage that can target specific aches and pains as well as providing a relaxing hour of vital time.

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"At a time when your body is saying 'slow down' and 'take it easy' the tactile may be something the body will only truly appreciate in the second and third trimester and I work very carefully, always. "I can work on specific areas which might stimulate the baby if it's slow, but that would always be dependent upon the individual's situation by the midwife."

One of the common themes Allen often sees in the mum who already has an active toddler and finds it hard to keep time during the late stages of pregnancy.

Physical. "Both treatments are so holistic," says Allen, 45. "They have a very positive effect on both physical and mental wellbeing."



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