



OCTOBER NEWSLETTER

Our new Studio is now open and fully functioning, thank you to everyone who joined us on the 6th October for our official opening. Everyone enjoyed an insight into some of the ways we will be using this brand new facility. It was partially laid out for a Baby Massage Class and also with the TRX (Total-body Resistance Exercise) Suspension Straps attached to the ceiling for an idea on this new class (details further on). There has been a real buzz about this new facility and we hope that as you read on you will be inspired to investigate further some of our new classes

New Sports Therapist - Carrie-Ann Smith



Carrie has been practising Sports Therapy for many years now and has been interested in a variety of sports for most of her life. She is qualified in Sports, Holistic, pregnancy and Indian head massage, and thrives on seeing the outcome of all of these therapies for her clients.

Her aim is to help people with aches, pains, dysfunction and injury to restore normality and limit their pain in their day to day lives. Carrie achieves this with a thorough assessment and from her findings your treatment is always unique to you. Rehabilitation massage is key after an injury to help with the healing process and prevent dysfunction or chronic pain. Whereas, maintenance treatments help to restore flexibility and

limit injury.

Carrie maintains her professional development by regularly attending courses, which she enjoys and finds fascinating, as techniques and therapy are always changing, so that clients always receive the best outcome. In addition, Carrie is involved in teaching this exciting subject on a weekly basis, in London, to help new therapists start a new career in an industry she loves.

Please ring the clinic on 01634 817242 if you would like to book in to see Carrie.

Defibrillator

We believe that we failed to update you previously, but we now have our own defibrillator fitted in the clinic. It is something that we regard as an essential piece of equipment even more so, now that we have our Studio. A huge thank you to everyone who so generously donated to this cause, we are extremely grateful.

Emerge Aesthetics

Emma and Cathy who operate from the clinic have a new product to offer. They are adding fat dissolving injections to their treatments. This is a synthetic form of what we have naturally in the body and permanently breaks down fat cells and we then excrete them through our lymphatic system. Areas that can be treated. Stomachs. Double chins. Back fat. Love handles. For men and women!! We will be able to offer this after the 9th October! Please contact Emma or Cathy on 07551 473201 for more information on this or any of their other treatments
www.emergeaesthetics.co.uk

NEW STUDIO COURSES

Suspend and Strengthen Course with AJ



My name is Adrian Williams, but most people know me as AJ. I am a level 3 personal trainer with additional specific coaching qualifications such as:

- Advanced Suspension (TRX)training
- Kettlebells
- Advanced Padwork and prescription exercise
- Exercise referral
- Sports conditioning
- Modified Olympic lifting
- Body balance coach
- Nutrition FX coach.
- Advanced stretching

My journey into fitness started 5 years ago, after spending 3 weeks in a coma. In 2013 I was admitted into hospital after collapsing a week after I ran in the mountains in Spain.

After waking up, I discovered that I could not move my legs and couldn't accept the position I was in. After a lot of hard work from myself and the physiotherapists at Medway hospital, I was able to walk out of Hospital, 6 weeks later, which the doctors said was down to my fitness levels.

It was without a doubt the scariest and toughest challenge of my life, but it inspired me to make fitness part of my life, and to help others achieve their fitness and wellness goals.

AJ's Suspend and Strengthen Course is on Wednesday Mornings 9.30 -10.30am

For more information please call AJ on 07969 479258.

Hypnobirthing and Pregnancy Yoga with Lauren Gilbert

Hello everyone! I am Lauren Gilbert, mummy to two gorgeous girlies and founder of The Nurture Den. My journey started when I chose not to return to teaching – I have always enjoyed working with parents and children, but felt it was time to have a change that I could work around spending as much time with my children as possible.

My ultimate aim is to provide continuity of support for mums, dads and babies through a variety of services including hypnobirthing and pregnancy yoga. I absolutely love working with mums through their pregnancy and baby journey – it is so important for mums to feel supported and knowledgeable and know that they have a safe space to talk to someone. It can be a quite overwhelming time for parents, and if I am able to help just a little or ease a worry, then I have done my job!



Hypnobirthing is based on science and facts. It is all to do with your mind and body connection to ultimately bring you a calm, positive experience where you feel in control and empowered over your birth choices. It is antenatal education which will support you to remember one of the most amazing moments in your life in a positive light. Through The Nurture Den's hypnobirthing education, you will learn

- How your body works during labour and how you can remain in control of what is happening
- To birth confidently and reduce your fears around birth
- Why relaxation is so important for birth
- The importance of hormones during birth, which ones we want in bucketful's and those we want to keep low
- Techniques that will support you through pregnancy, labour and birth

Hypnobirthing doesn't mean that you can't have pain relief. It also doesn't mean that curve balls won't come your way. Ultimately, I teach expectant parents how they can have the right birth for them on the day, whatever road their birth goes down, be it completely natural with no pain relief, with epidural support, induction or C-section.

The Nurture Den offers a comprehensive hypnobirthing course totally 10 hours across 2 or 4 sessions. Sessions are usually attended by mum and her birth partner. Included in your education are mp3s to allow for home practise, a workbook, voucher for a pregnancy massage and much, much more. For more information, please contact Lauren at lauren@thenurtureden.co.uk

Pregnancy Yoga

- It gives you dedicated time for 'you time' – women are often so busy with work or family commitments! Yoga classes give you down time to do something amazing for both you and your baby.
- Yoga practice can support and relieve some of your pregnancy ailments, for example back pain, pelvic girdle pain, SPD, cramps
- It supports you to stay calm using your breath – learn breathing techniques to promote good health for you and your baby
- Reduces your stress levels
- Tones your muscles without straining them
- Helps to combat your feelings of fatigue and can improve sleep
- Yoga has also shown to support you through labour and birth – you will learn positions and breathing techniques to support you through labour.

Come along to our relaxed classes with a wonderfully supportive atmosphere. **The Nurture Den will be offering classes termly at Holcombe Health Clinic on Thursday evenings, 7pm – 8.30pm.** Please contact Lauren on 07921 151518 for more information.

Mindfulness Sessions with Angela Daly

Do you feel that life is racing by at top speed? Are you lurching from one crisis to the next? If so mindfulness (meditation) could help you to slow down and appreciate your life as it is happening right NOW. Why not come along to the mindfulness sessions that I teach and see if the strategies taught can give you some ways of dealing with life's challenges.

My name is Angela Daly (BA Humanities Hons P.G.C.E) and I am a primary school teacher. During my 25th year of teaching, I embarked upon a mindfulness course to help me with sleep and anxiety issues. This led to a realisation that I could use the strategies to help children with similar issues so I gained the MiSP teacher status for delivering mindfulness . Since then, for the past 5 years, I have adapted strategies to deliver mindfulness to adults and to families.



Mindfulness can give you ways of helping you deal with stress issues, insomnia, concentration, anxiety and other challenges that we can encounter. The sessions that I deliver are tailor made for the group of people attending the course. The strategies are taught in an informal, relaxed setting and are easy to adapt and remember once out of the classroom environment.

8 week course . Starting on Wednesday 23rd October 7pm – 8pm then 30 October, 6 November , 13 November , 20 November ,27 November ,4 December ,11 December . Children over 7 years old are welcome. £60.00 for 8 sessions

www.holcombehealthclinic.co.uk

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