

# CHAMBER CHAT

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## October 2022

**Welcome to the latest Newsletter from the MS Centre and a special welcome to all our new members.**

The Centre has been helping people since 1984! Originally it was for MS sufferers only, but now we offer help to people suffering from many different conditions including Cancer, Ulcers, Strokes and more recently 'Long Covid'.

We do not receive funding from any organisations we rely solely on your suggested minimum donation of £16.

We are very much aware of the financial strain on everyone at the moment.

We are trying hard not to increase this suggested donation, so any fundraising you can do or help with would be much appreciated.

We have various ongoing fundraising events within the centre including Tombola, Raffle, Bonus Ball (choose a number, if that is the bonus ball picked on Saturday Lottery you win 50% of our takings) and find the Joker! (This is most popular and as of writing this the takings are £600+ so you could win £300+ ) the cost is £1.00 for each participation.

Good Luck 🍀

## CHRISTMAS

Our **Christmas** Cards are on sale now with added new designs.

We will be having our usual **Christmas** Raffle and we would appreciate any new items (any unused /unwanted presents you may have received) that you would wish to donate, plus the usual '**Bottle Tombola**' stall. We will also be having a **Luxury Christmas Hamper** if you would like to add to that it would be most welcome.



**Thank you** to all who brought Apples in and just in case you needed a recipe:

## Easy Stewed Apple

- 3 apples, peeled, cored and chopped
- 2-4 tbsp caster or light brown soft sugar (depending on the sweetness of the apples)
- 1 tbsp lemon juice
- ½ tsp ground cinnamon
- Put the apples, sugar, lemon juice and cinnamon in a small **pan** with 1 tbsp water. Cover and cook over a medium heat for 5-10 mins, or until the apples are tender when pierced with the tip of a knife.

**If you have a favourite recipe you would like to pass on please let us know. Who knows we could have the Great Centre Microwave Bake Off!**

**We don't have a cooker!**

### **JUST FOR FUN-** Brain power only no google!

1. Which Planet has a red sky?
2. Which Fashion Designer reportedly had an affair with Winston Churchill?
3. Which colour is found on 75% of the worlds flags
4. Which Pop Star has a ketchup bottle tattooed on their arm and takes a bottle on tour!
5. Name of Second Wife of Tom Cruise?
6. Where is the Black Sheep Brewery located
7. Downton Abbeys 1<sup>st</sup> episode begins on the same day as what historic event?
8. Highest Capital in the World?
9. How many cups of ree are drunk in the UK everyday?
10. Original name of Starburst?

Think you can come up with better Questions?  
Maybe we can charge £1.00 for each entry and have a prize??  
Just let Joanne or Dan know.

### **TESTIMONIALS**

We would like to update our Website and it has been sometime since we had Testimonials, if you would like to leave a testimonial about how Good or *bad* your experience at the centre has been please talk to Joanne, you don't have to give your name if you prefer not to.

**'Using the Infrared Sauna has been amazing for my symptoms of long Covid, particularly fatigue. Using it over time I have seen such a huge benefit and I would recommend anyone struggling with similar symptoms to try it.'**

**Molly**

Anyone who would like to contribute to this newsletter (or do it all-Linda)  
Please let Joanne or Dan know.

Thank you for reading this I will be doing a pop quiz!

## Yoga For EveryBODY

Have you ever wanted to try yoga but felt it was only for people who could bend into complex shapes, look a certain way, or wear specific clothes? Have you been put off by the thought of big classes? Maybe you used to practice yoga but feel a bit nervous about starting again after a change in your health or circumstances? Don't worry, our classes will show you that yoga really is for every body!

Here are just some of the areas that yoga can help:

- Building strength
- Balance and alignment
- Fall prevention
- Improved mobility for everyday life
- Reduced stress and tension
- Increased confidence
- Increased sense of wellbeing
- Improved proprioception
- Increased lymphatic movement
- Digestive and respiratory function

We have been offering hatha yoga classes here at the centre for a year. All are welcome, just come as you are. Here is some of the feedback from classes:

“Wonderful, non-judgemental class which is safely improving my body strength and wellbeing”

“Loving the yoga classes, it's really improved my strength and posture”

“Having lost my balance receptors in my brain in 2019 I have struggled to walk properly and have also found my balance is seriously compromised. There is no cure and no help the medical profession can offer me, so I turned to yoga. In the few months that I have attended yoga classes I have found a definite improvement in my balance and confidence”

“I can only say that it was absolutely wonderful, never been so relaxed” (yoga nidra)

“The yoga nidra class is perfect to enjoy some indulgent ‘me’ time....I love it!”

Our yoga teacher is Kim Holmes of Yorkshire Body Clinic who has worked at the centre for over a decade, providing Bowen, Aromatherapy and Reflexology (including Reflexology Lymphatic Drainage, Neuroflexology and facial reflexology). Kim is also a meditation teacher, Angelic Reiki healer/master teacher, and crystal energy healer. Fully qualified and insured in all modalities she offers, Kim is also DBS checked, emergency 1<sup>st</sup> aid qualified and a mental health first aider (through Mental Health First Aid England).

Kim passionately believes that yoga is for everybody - and for everyBODY! She offers a range of classes in a safe, supportive, and friendly environment. 1:1 sessions are also available. She has also introduced an EXCLUSIVE discount for regular yoga clients of 10% off any of her therapy sessions.

All hatha classes are limited to a **maximum** of 4 places, (yoga nidra has a maximum of 10 places), and include breathwork, warm up, main poses & counterposes, cool down and relaxation (savasana). Modifications and adjustments are provided in all classes and levels, so there will always be an option for you, including a chair version if required, and you can rest whenever you need to. Mats and other equipment are provided (and cleaned thoroughly between each use of course!), but you are welcome to bring your own mat if you prefer.

Kim also holds a monthly **yoga nidra** class. Also known as yogic sleep, yoga nidra is a powerful form of yoga leading to deep relaxation and rest. Laying (or sitting) with any support needed for your body to be as comfortable as

possible and a blanket to cover you, Kim will guide you through the stages of nidra to eventually experience the delta brain wave state. Although this is the same state we reach in deep sleep, in yoga nidra your awareness remains awake and alert – a dynamic sleep! It is thought that 30 minutes to 1 hour of yoga nidra practice equates to around 4 hours of regular sleep, as we travel through all the stages of brain wave stages associated with the sleep cycle but in a shorter time frame. Some of the benefits of yoga nidra include:

- Stress relief and stress management
- Muscular relaxation
- Reduced emotional tension
- Improved memory
- Mental clarity
- Balancing
- Grounding
- Energizing
- Discovering the self

Yoga nidra is held on the **1<sup>st</sup> Friday of every month** at 4.30pm – the next one is **Friday 7<sup>th</sup> October, then 2<sup>nd</sup> November, 2<sup>nd</sup> December and 6<sup>th</sup> January 2023** – the latter some well-deserved time out after Christmas! Places fill very quickly so get in touch to book to avoid disappointment. Please note a hydraulic couch is available for anyone that may want to lay down but is unable to get to the floor.

The current yoga class times are as follows and pre-booking is essential due to limited places, and so that Kim can understand your needs prior to the class.

### **Mondays**

11.00am – mixed ability and beginner friendly

12.30pm – intermediate (more of a flow but still with modification options and adjustments)

### **Wednesdays**

11.00am – mixed ability and beginner friendly

1.30pm – mixed ability and beginner friendly

5.00pm – mixed ability and beginner friendly

Kim is level 3 qualified in the Ofqual approved Award in Education and Training and also runs workshops and courses including:

- Immune Support
- Back care
- Exploring Meditation
- Themed yoga (eg seasonal, chakra, moon phases)
- Introduction to aromatherapy (with option to make your own product)
- Introduction to reflexology
- Introduction to crystals

For further information about current yoga classes, yoga nidra, or upcoming courses and workshops, please contact Kim for a no obligation chat on **07850 268762** or catch her in the centre on Mondays, Tuesday mornings and Wednesdays – and the 1<sup>st</sup> Friday of each month!