

Chamber Chat

March -
April
2023

Unit 3A, Olympia Business Park, Gelderd Lane, Leeds LS12 6AL Phone: 0113 263 7375

Spring is in the air and hopefully we will be able to turn the thermostat down soon!

Meanwhile the cost of utilities is soaring at the centre!

Joanne and the Committee are doing their best to keep costs down but we do need your help.

To be most cost-effective we need the sessions to run as full as possible. We fully appreciate that there are times when people have to cancel at the last minute. However, we are getting an increasing number of calls cancelling bookings only minutes before a session is due to start. Indeed, some people who don't even let us know, and this is becoming a problem.

We need to know as soon as you decide that you will not be attending your appointment!

Phone the Centre on 0113 263 7375 to cancel.

Do not rely on text or email!

Fundraising Fundraising Fundraising Fundraising



Get your tickets early, because space is limited!
Each ticket entitles you to a drink, food and a quiz sheet.
Play as teams or individuals.
Bring friends and family.
Raffle tickets will be on sale, and the brilliant first prize is a voucher for ten oxygen sessions, generously donated by Mick Harrison.

More prizes to be announced (and donations of prizes are very welcome!

We will also be running a bottle tombola and cake stall.

Marathon Man!

Josh will be running for us in both the Manchester Marathon on 16 April and the London Marathon only a week later on 21 April this year!



Josh is training really hard for both marathons and it is good to see so many people sponsoring him.

If you haven't done so already you can go to his Just Giving page:

<https://www.justgiving.com/fundraising/joshrunstwomarathons>

Easter and May Bank Holidays

The centre will be closed on the following dates:

Friday	7 April
Monday	10 April
Monday	1 May
Monday	8 May
Monday	29 May

Membership Renewal

Thank you to everyone who has already paid their Annual Membership. We ask that everyone using the centre must be a member (£20) as this covers our insurance. If you are having problems paying this, please speak to Joanne in confidence.

Andrew, Chairman

Sauna

From Monday 3 April 2023, a sauna session will be £8.

Please note: the sauna has to be switched on for 45 minutes to get to temperature before it can be used. And this costs!

We will be asking for a donation if you do not turn up for your appointment!

Featured Fundraiser

Stephen Woodhouse, pictured here with wife, Annette. Stephen raised over £1000 with a night of comedy and music at Pocklington Village Hall



Yoga

Our yoga teacher is Kim Holmes of Yorkshire Body Clinic who has worked at the centre for 12 years, providing Bowen, Aromatherapy and Reflexology (including Reflexology Lymphatic Drainage, Neuroflexology and facial reflexology). Kim is also a qualified meditation teacher, Angelic Reiki healer/master teacher and Crystal Energy Healer.

What is yoga nidra?

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 Information

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 and feel a bit nervous about starting again after a change in your health or circumstances. It may be that you are not familiar with yoga but are looking for a way to relax and reduce stress, feel stronger, improve your balance or your sense of overall wellbeing.

Did you know we have been offering hatha yoga classes at the centre for 18 months? 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!”

Holidays and Yoga Nidra!

Because of holidays, there will be no yoga classes or therapy appointments with Kim in the week commencing **Monday 3 April**.

Normal service will resume on **Tuesday 11 April**.

Please note this will also mean that April’s yoga nidra will be held on **Friday 14 April at 4.30pm**, and will revert to the first Friday of each month from 5 May.

There are only three spaces remaining for April’s session so please contact Kim asap to ensure your place is booked!

Yoga timetable:

Monday	11am
Monday	12.30pm
Tuesday	9.45am
Wednesday	10.45am
Wednesday	12.15pm (fully chair-based)
Wednesday	5.00pm

Also Yoga Nidra on the first Friday of each month at 4.30pm

For more information about any of the workshops or therapies Kim offers, or to book your place, make an appointment, or to purchase crystals or affirmation cards, please call **07850 268762**

Or catch her in the Centre on Mondays, Tuesday mornings or Wednesdays.



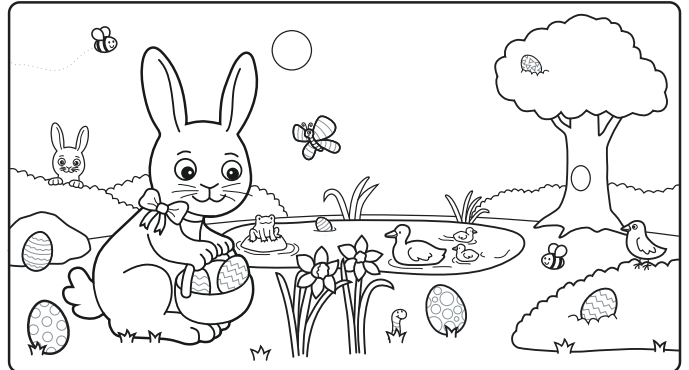
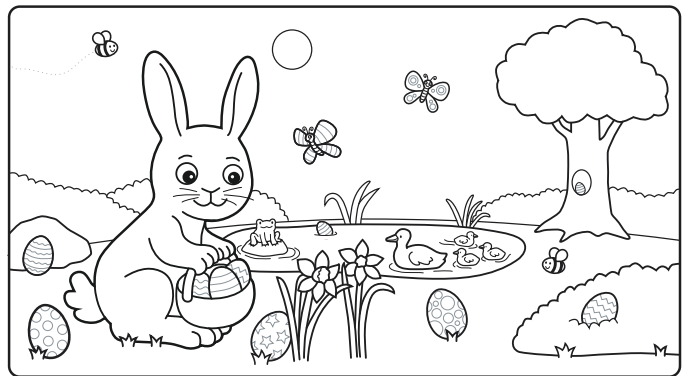
Easter Chat



Spot the differences

easter word search

N R I S C E Y R T E K S A B S G O
 C H O C O L A T E P C L A P G N P
 B U N N Y A P R I L A M B U J I E
 T N U H G G E R C V T N E L H R T
 G O K B A Q D O N C P F G O F P A
 T P Y A D I R F D O O G G J L S R
 E E R E I I Y R M N I A S E O N B
 N E I I P J N W F P B U I L W A E
 N P U O A D A V Q P X H F L E D L
 O S T N U D E N N W T I I Y R F E
 B G N I L K C U D T A A K B S P C
 R E A S T E R S U N D A Y E O Y C
 J Z O U U F D A E A A S N A A P I
 Q O U A M E U X G D A J D N I C A
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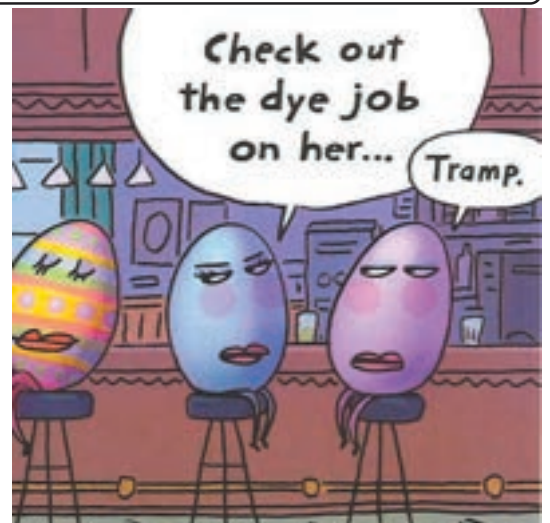


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|----------------|----------|---------|------------|
| Easter Sunday | Basket | Spring | Duckling |
| Good Friday | Bonnet | Flowers | Jellybeans |
| Eggs | Egg Hunt | Carrot | Lent |
| Chocolate | Bunny | Peeps | April |
| Hot Cross Buns | Chick | Lamb | Celebrate |



Did you know that...

- The tradition of painting eggs comes from Ukraine.
- The first ever Easter egg was invented in the UK.
- The world's largest Easter egg was 34 feet tall.
- The most expensive chocolate egg sold for £7000.
- Around 80 million Easter eggs are sold in the UK each year.



Your newsletter

If you would like to contribute to this newsletter, please speak to Joanne or Linda. We welcome words of wisdom, recipes, quizzes, testimonials, anecdotes, and anything of interest.