

The Purple Pages...
previous issues on web site ...

Many apologies for the lack of purple pages during the year hopefully this will be resolved in 2006

Barb

News, Information, Courses & Events

Volume 3 Issue 2

Autumn 2005

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BARB SELLS

BOOKS

Lots of books for sale!

Therapy, self help and fiction

CRYSTALS

Unusual crystals as well as pendulums and jewellery

ESSENTIAL OILS

Essential oils - a large range bottled to order from 2.5ml

CARRIER OILS

Base creams and oils - discounts if you bring bottles for refills

HOP! CANDLES

BOTTLES

Small brown, large blue, blue jars

BACH REMEDIES

30 ml Treatment bottles made to your requirements

- Give me a ring to arrange a time to view or collect

01536 516 955

Best times 8am or 9.30 pm

BARB'S OPEN DAY

Come and join us for refreshments and relax by an open fire

The opportunity to purchase special gifts for Christmas and to have a mini treatment

THURSDAY 24TH

5-9PM

FRIDAY 25TH

10 AM - 9 PM

SATURDAY 26TH

10 AM - 2PM

*Crystals, Candles, Cards,
Aromatherapy products
Namaste clothes and bags.
Manicure & pedicure sets
jewellery, Moon diaries
Virgin Vie products
Pampered chef cook ware
Please telephone 516955 to
pre-book your treatment*

LIFE

Life for many of us seems to have been increasingly difficult during the past year, with illness, relationship break down and job loss affecting many. Almost everyone seems exhausted both physically, mentally and emotionally and suffering from one or other of a range of minor ailments. These seem to take ages to shake off and recur at regular intervals. The erratic weather over the summer has done little to increase energy levels. The current warm, damp weather is encouraging fungal and mould growth leading to more food intolerances, digestive, respiratory, skin and muscle problems. As we move into winter it is important to boost the immune system, especially if you have taken several antibiotics, and to ensure you get plenty of fresh air, exercise, water and non processed food.

All of this is particularly difficult if stressful situations arise and planned meals and exercise just get passed over as one crisis after another surfaces in an already full schedule.

Life can be likened to a cup of tea, some see this stage of life and its stresses as a half full cup and others as half empty. The stresses of life do empty our cups and in order to maintain a full cup we have to pour some into it.

This means we must take care of ourselves, prioritise, delegate, reassess to get the balance right and refill the cup. Half full people generally realise they can refill their pot by positive thoughts and actions and by taking time out to have fun, meeting others with positive minds and laughing

The open day is meant to do just this so ...



Balanced Life Therapies Courses

Most organisations for complementary therapies have introduced Continual Professional Development requirements and they seem to be accepting courses accredited by other Bodies and Insurers.or certificates accompanied by details of syllabus, assessment and learning outcomes Phone **01536 516955** to book your place now!

Indian Head Massage -

Advanced Energy Work and IHM course.

Sunday March 5th

Includes: Auras, Meridians, Chakras, Alternative Movements.

Certificate of attendance £50.00
venue : Kettering to be confirmed

Holistic Thermo Auricular Therapy

(Hopi Ear Candling)

Ear candling, Face Massage, Physical and emotional conditions and treatments.

2 day course + home study, case studies exam.

Part 1: Monday December 12th or

Tuesday January 17th Cost £50.00 .

Cost of candles for case studies £44.50

Venue : To be confirmed dependent on numbers.

Part 2: Open to anyone who has completed Part 1 and submits case studies. Saturday March 4th

£50.00

Bach Flower Remedies.

Introducing rescue remedy to your clients

Using Bach Flower remedies for yourself
Introductory day. £40 .00 at 102 St Peters
Avenue, Kettering.

Sunday February 5th

Certificate of Attendance

Energy Balancing for feet

- how to use the subtle energies to enhance your Reflexology or massage Treatments.
- 1 day workshop

Friday February 3rd

Cost : £50.00 Venue to be confirmed.

Would you like help with case studies or to carry out further case studies under instruction contact Barb for information

Do you want to attend an appointed person first aid course in order to comply with your insurance requirements contact Audrey for details : 01536 392572

Check out open University course SK277 Human Biology very interesting and relevant learning

CONTACT 01908 653231 OR GENERAL-ENQUIRIES@OPEN.AC.UK

Already committed for the above dates? Register your interest - ring me. Find a group of people interested in a course and other dates may be arranged . 01536 516955

Would you prefer a weekend course? - let me know .

Q: What is fantastic value at only £1.00 a year to cover postage?

A: The Purple Pages!! Don't miss out! Are you on the mailing list?

- Ensure you receive details of events and courses through the Purple Pages. Send your £1.00 annual postage fee or email address and details of your areas of interest to Barb.



GUILD OF PROFESSIONAL PRACTITIONERS (GPP) SUPPORT GROUP MEETINGS

Non members welcome.
Weds 25th January 7.30pm
St Andrews Church Hall
Frankie Boyes
Bach Flower remedies
Contact Audrey Poulton
01536 - 392572 or Barb
Cert of attendance issued

Thyroid support group

Monday Dec 5th
7.15 Diabetic Centre
Dr O'Malley Consultant
Contact Olwyn for details
01536 513748

Feng Shui society meets monthly

contact Julie 01933 226720

KETTERING OSTEOPOROSIS SUPPORT GROUP

Please call: Julie Gardiner on 01536 390706 for details
Of meetings, details of joining and to obtain information leaflets about osteoporosis for your practice
Next meeting
Tuesday December 6th 7.15 Diabetic centre
Badger watch and Christmas party

STANION COMPLEMENTARY THERAPY GROUP

Meets third Wednesday of month
Methodist church Stanion at 7.30 p.m.
£3.00 entrance
Refreshments included Everyone welcome.
Meetings usually include treatment session so bring towel and blanket
November 16th Jenny Walsh
Alexander technique workshop
December 14th Candles mince pies and massage chill out and purchase last minute pressies
Note date
Contact Barb if any queries or if you would like to give a talk next year

Don't forget the open days November 24th & 26th

Bring a friend

Open day treatments please phone to book

Manicure & pedicure

Facials eyebrow and eyelash tinting

Reflexology Indian head massage

Back Massage Hot wax hand treatments

And cookery demonstrations throughout

Interested in helping please ring Barb 516 955

Regional Reflexology contact Eva Jungfalk-Down 01604 842000 regional.reflexology@skynet.co.uk
meetings & courses and Essaic tea supplier

Crossroads Oasis for courses and Reflexology support group meetings contact Di on 01604 499439

Kalm Within

3 Silver Street, Wellingborough, NN8 1BQ
01933 - 226506

"Not just a shop but a total holistic centre".
..... Offering Homeopathy, Reiki, Holistic Treatments, Spiritual Healing, Tarot Readings, Clairvoyance, Aromatherapy and many other treatments. Kalm Within also offers healing rooms for hire and a truly unique shop. For all your Mind, Body and Spiritual needs - please call.

*Natural Living event
Franklin Gardens
Northampton 1st/2nd
April 2006 are seeking
stalls and therapists
contact 01933 652 445 or
www.naturalhealthshow
s.co.uk or just put it in
your diary*

Other things

Crystal skull workshops contact
Samantha1946@btinternet.com or
check out crystal skull.com websites
or www.angelslove.net

17th December
Stonehenge at sunrise
Gillian Ellis 01932
855452 or gillian
@reikimaster.org.uk

Cornwall holiday maisonette Hayle nr St Ives
Christine 01628473420 for details sleeps 8
then visit the Bean inn St Ives vegetarian food
at its best 01736 795918

Check out : www.holisticlocal.co.uk
www.cygnus-books.co.uk or 08454561577 for a catalogue
Www.biolifesolutions.co.uk
Leg care at www.magnopulse.com
Www.paradisemusic.co.uk

URGENT Please note

Please email me on Barb@b-l-t.co.uk if you have an email contact address as future issues will be emailed if you wish to continue to receive through post please let me know .

Mailing lists will be revised for the spring issue Don't forget your £1.00 subscription

The newsletter and previous issues will be posted on the website in the near future



Moon Magic!

Moon diaries 2006

available now £12.50

Includes calendar for diarising health or dietary problems against moon phases

Perhaps the difficulties we are experiencing are aligned with the closeness of Mars - I always understood Mars was representative of threats and wars and drastic unexpected changes the last time it was in this position was 1987—89 also a time of change

Don't forget to look out for the planet this month

Contact Carole Preen for details of Aromatherapy and non manipulative skeletal realignment course NMSR as well as CPD courses and workshops

01536 764281

Feng Shui evenings £70.basic FENG SHUI principles explained using your house as an example—good fun, you only need a pen and pencils and plan of your house. It could make all the difference

Get together a few friends and ring Barb to book a session - 01536 516955

Opening the doors to intuition courses by Shusha Walmesley phone 01536 516220

Or check out www.Shusha.co.uk

Pampered chef parties contact Carolyn 01536 791146 cookware .Demonstrations & tastings at the OPEN DAY

STRESSED

Juggling parties

(not just for children)

Balls spinning plates and diabolos for sale

Presents for the stressed person with every thing

Good fun

Tel :01536 791146

Pet sitting service

Sue Oppenheim

01604 249843

The Mad show 2nd 3rd 4th June largest ethical consumer show in UK Earls Court 01483418829

Aspects of Healing

Aura Readings, Holistic Therapies and Spiritual

Healing contact Gloria

01536510326

Maira courses in Tarot palmistry and psychic

development in Kettering

01536 484133

Rita Brown

Reiki courses part one & two.

Details - 01933 - 382568

Allergy testing and hypnotherapy

Clients need a chiroprapist? Try Helen Venn -Brown.

Carrington Street Kettering 01536 485381

Living well courses for your patients with long term health Problems 01536 494233 Heartlands primary trust

Sense Massage

Do you need a treatment after treating your clients?

Aromatherapy

Sports Massage

Treatments from £14.00

0870 050 92 92 90

www.sensemassage.co.uk

Member of IGPP

GOSH -Geometrics of self healing

Essential Crystal healing course

-2year course OCN accredited at Healing Well Higham Ferrers

(concessions available)

contact Maureen 01733 347190 or 01933 354854

The Green patch community supported agricultural scheme for veggie boxes and events check out

Thegreenpatch.org.uk



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In the next issue . . .Copy deadline for information/events for next issue - send info for forthcoming events and courses for inclusion. Want to advertise or distribute copies? Please contact me for details 01536 516955 current distribution ~ 200+ copies