

# Event Details for "**ENERGISE**"

## **Date and Times:**

Saturday 6th October 2012, 10.00am-17.00pm

Free Entry from 9.45am: there will be an open Welcome Area with light refreshments and practitioners on hand to answer your questions.

Free Warm-ups at 10.00am

Taster treatments from 10.00am

Workshops and Classes (by ticket) from 10.30

## **Tickets and Pricing:**

### 2 for 1 £20 Advance Ticket:

With advanced £20 ticket booking you are entitled to bring a friend for free and it gives you unlimited entry to the workshops and classes. If your friend would also like to book their workshops in advance, then please give them the form on page 6 and return to your Surrey Shiatsu Network contact as soon as possible. If you do not advance book your friend for entry and workshops you will need to be with them at entry on the day. (Advance payment is also a deposit. We are only able to return payment if we have to cancel the event.)

### Tickets on the day:

You can still buy a £20 unlimited workshop and class ticket on the day, but this will not entitle you to bring a friend for free. Otherwise, entry to individual workshops and classes costs £5 per session depending on availability.

Taster treatments will be available for £10 (15 mins) and £18 (30 mins).

## **Venue:**

Transition Guildford, 2-3 Eastgate Court, High Street, Guildford, GU1 3DE. The offices are on the first and second floor and there will be signs on the day to help you find us. (2-3 Eastgate is between the Marie Curie Charity shop and Kendrew's Newsagent and opposite White Stuff on the High Street.)

## **Parking:**

There is a little parking area very close to the venue but as parking for the day on a Saturday might be busy and costly, we also provide a parking map produced by Guildford Borough Council that shows other all-day parking options further out which might be less pricey. The little parking space by the venue is marked no 6 on this map.

## **What to Bring/Wear:**

Please wear comfortable clothing that allows you to move freely and an extra layer in case you feel cool whilst sitting or between sessions. We recommend you bring a bottle of water and a light lunch although tea, coffee and some cakes will be available on the day. Alternatively, you can pop out to the High Street if needed.

## **On the day:**

Please arrive with adequate time in advance of your booked workshops. If you have time between workshops you can have a taster treatment, browse our reading material, indulge in some refreshments or talk to one of our practitioners. (Due to the nature of the sessions, we may refuse entry for certain workshops if the session has already started.)

# Workshop and Class Details for “**ENERGISE**”

## Workshop and Class Timetable

Times	Workshops	Times	Classes
10.00-10.30	Warm-ups (free, no booking)	10.00-10.30	Warm-up (free, no booking)
10.30-11.30	An Eastern Perspective on Health & What is Shiatsu?	10.30-11.30	Shintai-Do
11.45-1.15	Acupressure Points for Common Ailments	11.30-1.00	Aikido
1.15-1.45	LUNCH	1.00-1.45	LUNCH
1.45-3.15	Nutrition and Shiatsu: A Chinese Medicine View	1.45-2.45	Qi Gong (Pat)
		2.45-3.45	Tai Chi Yang Style
3.30-5.00	Healing Your Menstrual Cycle	3.45-4.45	Qi Gong (Debbie)

## Workshop Details:

### **2-in-1: An Eastern perspective on health and an introduction to Shiatsu**

**10.30 - 11.30**

#### **Support your Wellbeing: (Pat Leeson)**

A brief overview on health and well-being from an eastern perspective touching on Daoist, Yogic, Buddhist and traditions. Be inspired to take a more proactive approach to your own well-being through this truly holistic approach to health and happiness.

#### **What is Shiatsu?: (Tania Noble)**

Witness a demonstration of Shiatsu massage and learn about this centuries-old practice, what it involves, how it works and the theories behind it.

### **Acupressure Points for Common Ailments**

**11:45 - 1:15**

#### **Debbie Heaney**

Come along and explore a range of acupressure points and how to work them effectively to support your own and other people's health. This workshop aims to be informative, fun, and above all, hands on. No prior knowledge or experience needed.

### **Nutrition and Shiatsu... A Chinese Medicine view**

**1:45 - 3:15**

#### **Jamie Hamilton**

The Chinese Medicine and Shiatsu view of nutrition is a that it is an integral part of keeping healthy. Changes in a person's nutrition habits naturally complements any positive changes brought about by Shiatsu treatment. This mini-workshop shows how this might be done.

### **Healing your menstrual cycle**

**3:30 - 5:00**

#### **Nicola Endicott**

This workshop is an opportunity to bring more awareness to your menstrual cycle and validate your own experiences, as well as share with others. Some self-help Shiatsu techniques will be explored during the workshop as well as potential supportive lifestyle changes.

## **Class Details:**

### **Shintaido**

**10:30-11:30**

**Jamie Hamilton**

"Healthy body way"

Shintaido is a Japanese movement practice with close links to Aikido and Karate. It's practise helps develop the energy of the body, releasing excess tension and building vitality.

Ideal for shiatsu clients as a means of extending and developing the positive changes brought about by treatment. Good for Shiatsu therapists as a means of improving their own energy and flexibility.

### **Aikido**

**11:30-1:00**

**Nicola Endicott - 3rd Dan**

Join a trial class of Aikido, a modern Japanese martial art which focuses on self-defence. Students often say they feel calmer, more grounded and de-stressed after a class. Aikido is good training in standing your ground as well as being a tool for re-balancing your own energy.

### **Qi Gong**

**1:45-2:45**

**Pat Leeson**

An introduction to the form of Qi Gong known as Taiji Qigong Shibashi (or 18 Stance Tai Chi Qi Gong). This gentle series combines movement and breath to encourage the awareness and flow of energy in the body. Qi Gong aids good posture and general well-being as well as being a great way of reducing stress. It is like meditation and exercise rolled into one.

### **Tai Chi (Yang Style)**

**2:45-3:45**

**Debbie Heaney**

Tai Chi is an ancient Chinese form of co-ordinated body movements focusing on the cultivation of internal energy - 'chi'. Its aim is to harmonise the mind, body and spirit, promoting both mental and physical well-being through softness and relaxation. Come along and learn the opening moves of Yang Style 24 Step Short Form

### **Qi Gong**

**3:45-4:45**

**Debbie Heaney**

Debbie will teach the opening exercises of the Ba Duan Jin (also known as the Eight Brocades), an ancient Chinese health practice that coordinates breathing patterns with movement to maintain and improve health and well-being.

## Practitioner Biographies

### **Nicola Endicott, MRSS(T)**

Nicola runs a practice in Belgravia and Dorking. Nicola qualified as a Shiatsu Practitioner in 1994 with the Healing-Shiatsu Education Centre. She completed a postgraduate course in Shiatsu for maternity care and now teaches introductory courses for shiatsu practitioners and midwives. She is also an Aikido teacher. For more information go to [www.nicolaendicott.co.uk](http://www.nicolaendicott.co.uk).

### **Jamie Hamilton, MRSS (T)**

Jamie graduated from the European Shiatsu School in 2003. He is trained in Anma and will shortly have completed a course in acupuncture at the College of Integrated Chinese Medicine. Jamie is a Shiatsu teacher and is the principal of East West College in Farnham. He also is a qualified teacher of Yoga and an instructor (Shodan grade) of Shintaido. For further information go to [www.jamiehamilton.co.uk](http://www.jamiehamilton.co.uk) or [www.eastwestcollege.co.uk](http://www.eastwestcollege.co.uk).

### **Debbie Heaney, MRSS**

Debbie graduated from the Shiatsu College, Brighton in 2010. She is in the process of completing a postgraduate diploma course in Shiatsu in pregnancy, birth and babyhood. She has a practice in Godalming, where she also teaches regular Tai Chi and Qi Gong classes. Go to [www.godalmingshiatsu.co.uk](http://www.godalmingshiatsu.co.uk) further information.

### **Carol Hope, Dip. Shiatsu**

Carol practises in the Guildford area. She holds a Diploma of Shiatsu from East West College and is a graduate member of the Shiatsu Society.

### **Liz Kendall**

Liz gives Shiatsu at Optima Health in Cobham and St Michael's Sanctuary in Ewell. She holds a Diploma in Advanced Shiatsu from the Zen School of Shiatsu, London, and is a member of the Zen Shiatsu Society. She is training in Chi Nei Tsang (Hara Shiatsu). For further information go to [www.surrey-shiatsu.co.uk](http://www.surrey-shiatsu.co.uk).

### **Patricia Leeson, MRSS, BWY teacher**

Pat trained with the British School of Shiatsu-Do and has a postgraduate diploma in Shiatsu for Pregnancy and Babies. She practises Shiatsu in Send, near Woking and is available for home visits. Pat also teaches Qi Gong and Yoga (British Wheel of Yoga). For more information visit [www.shenyo.co.uk](http://www.shenyo.co.uk) or email: [pat@shenyo.co.uk](mailto:pat@shenyo.co.uk)

### **Murray Nicholson, MRSS**

Murray practices in the Ewell area. He is a graduate of the European School of Shiatsu, Brighton and is a Member of the Register of Professional Practitioners of the Shiatsu Society.

### **Tania Noble, MRSS**

Tania works in and around Cranleigh, has been qualified for over 8 years and is a Member of the Register of Professional Practitioners of the Shiatsu Society. See [www.tanianobleshiatsu.co.uk](http://www.tanianobleshiatsu.co.uk) for more information.

The **Surrey Shiatsu Network** is an informal and open network of practitioners and students formed to encourage and support the work of Shiatsu across our beautiful county. Our members are trained in a variety of Shiatsu traditions and belong to different associations. Please check with individual practitioners for their qualifications and professional memberships.

# Booking Form for **"ENERGISE"**

Please complete the following booking form and return it to the Surrey Shiatsu Network member you received the details from. (For an alternative option, please see below.\*)

Name: .....

Address: .....  
 .....

Email: .....

Daytime number: ..... Evening number: .....

Mobile number: .....

Surrey Shiatsu Network Contact Name: .....

Tick the workshops you wish to attend ensuring that there is no clash in timings:

Times	Workshops	Tick	Times	Classes	Tick
10.30-11.30	An Eastern Perspective on Health (Pat Leeson) & What is Shiatsu? (Tania Noble)		10.30-11.30	Shintai-Do (Jamie Hamilton)	
11.45-1.15	Acupressure Points for Common Ailments (Debbie Heaney)		11.30-1.00	Aikido (Nicola Endicott)	
1.15-1.45	LUNCH		1.00-1.45	LUNCH	
1.45-3.15	Nutrition and Shiatsu: A Chinese Medicine View (Jamie Hamilton)		1.45-2.45	Qi Gong (Pat Leeson)	
			2.45-3.45	Tai Chi Yang Style (Debbie Heaney)	
3.30-5.00	Healing Your Menstrual Cycle (Nicola Endicott)		3.45-4.45	Qi Gong (Debbie Heaney)	

You can alter your choices on the day if there is space in the workshops of your choosing. We will let you know in advance in the unlikely event that workshops are full. (Please note that the 10.00am warm-up sessions are free and do not need to be booked so are not on this list.)

If you have any medical issues which may affect your ability to participate in the sessions, please give details:

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 .....

Please check your form carefully to ensure that all of your contact details can be clearly read and sign below to confirm that the details are correct:

Signature: ..... Date: .....

Please return your booking form and make payment to your Surrey Shiatsu Network contact directly. Please take a copy of this form for your records. (\*For an alternative contact please email [info@shenyo.co.uk](mailto:info@shenyo.co.uk).)

# Friend's Booking Form for **"ENERGISE"**

Please complete the following booking form and return it to the Surrey Shiatsu Network member you received the details from. (For an alternative option, please see below.)\*

Name: ..... Friend of: .....

Address: .....

.....

Email: .....

Daytime number: ..... Evening number: .....

Mobile number: .....

Surrey Shiatsu Network Contact Name: .....

Tick the workshops you wish to attend ensuring that there is no clash in timings:

Times	Workshops	Tick	Times	Classes	Tick
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Signature: ..... Date: .....

Please return your booking form to the friend you attending with or your Surrey Shiatsu Network contact directly. Please take a copy of this form for your records. (\*For an alternative contact please email: info@shenyo.co.uk.)