

Calendar of Events 2014

Events for those interested in their health and well being

Chester Cheshire Local Support Group

What's on, where and when and for whom?

Below are the events for Chester Cheshire local support group of the FHT. The events and talks are open to everyone; FHT members, members of other therapy associations and the general public. The entrance fee for each of the talks is now £5 for FHT members, £8 for non-members and £3 for Students.

Date: Friday 25th April 2014 7pm

Venue: 40 Parkgate Road, Chester, CH1 4AJ

Topic: Reiki and Energy Healing System – Dee Kelsall

Reiki is a Japanese 'laying on hands' technique for stress reduction and relaxation that also promotes healing. It is a simple but powerful technique. Reiki which comes from two Japanese words 'Rei' (universal) and 'Ki' (energy) originated in Tibet thousands of years ago and was 'rediscovered' in the 20th century by a Japanese Buddhist, Mikao Usui.

Dee Kelsall has been practicing Reiki since 1996 when she completed her Reiki 1, she went on to complete Reiki 2 and advanced and then achieved her Usui/Tibetan Master/Teacher training from William Rand at Glastonbury, one of the attunements being at Stonehenge. She went on to complete her Karuna Reiki Master and Teacher training with Penny Quest in 2005. She also completed a year long training course in Energy Healing at the School of Energy Healing in Malvern with Diane O'Connell.

Date: Friday 23rd May 2014 7pm

Venue: 40 Parkgate Road, Chester, CH1 4AJ

Topic: Kinesiology – Peta Pendlebury



This talk will explore Kinesiology which is a system which combines manual muscle monitoring with the principles of Chinese Medicine and energy balancing. Kinesiologists believe that the monitoring allows the body to reveal the location or nature of the energy imbalance and the body's preference for treatment. Gentle balances then take place that can have an immediate, as well as a long term, effect on the body.

Although Kinesiology can help with a myriad of health imbalances this talk will focus on how a treatment is carried out by working on a number of volunteers. Each volunteer will be able to experience the muscle monitoring and get an insight into a priority issue that the body wishes to address. This may be a physical issue, one that is stress based or blocks that are in place through inappropriate core beliefs. There will be at least one treatment that looks at the core beliefs that a therapist can have that may be blocking their success as a therapist and the ways in which these can be removed so that success is more easily attained.

Date: Friday 27th June 2014 7pm

Venue: 40 Parkgate Road, Chester, CH1 4AJ

Topic: Human Design – Jon Critoph

Isn't it amazing when you buy a new fridge or TV there is an instruction manual and yet we come along into life and have no instructions at all. Well that is until now with the arrival of Human Design and with it a wealth of knowledge about ourselves and for each one of us there are some many unique attributes often that we have been taught over the years to do the exact opposite of what is healthy and supportive for us. The talk will not be able to give everyone their one unique reading but will give everyone some good hints and clues into how to improve the quality of their life. It will require a little bit of up front work as I will need names, date, times and places of birth in order to produce their charts. Where they do not know their time of birth please see if they have any clues like it was around lunch time , if not get me what they know and we will work from there.

Should you have friends who might be interested please bring them along. For more information please contact **Dee Kelsall** on **07512 127013** or email dee@greenhousetherapies.co.uk