



Nine Springs News

www.ninespringsclinic.org

February 2011

**NINE SPRINGS
NATURAL
HEALTH CENTRE**



Also featured

**PRACTITIONER
OF THE MONTH**

**ZABETH
MACFARLANE**

**NOVEMBER
WORKSHOPS**

**AFFORDABLE
ART
EXHIBITION**

FOR FURTHER
INFORMATION ON
ANY OF THE
ARTICLES
FEATURED PLEASE
CONTACT THE
CLINIC

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Mindfulness Meditation Improves

Whenever we need some more clarity it is tempting to reach for the caffeine. New research however is showing that just very small amounts of meditation are able to considerably improve the level of clarity and other cognitive abilities.

Although most people are aware that meditation improves the cognitive aspects of the self, people are also aware that it takes considerable discipline and time commitment in order to reap those benefits. This understandably puts them off. This new study reveals how benefits are being derived with only a short amount of time in meditation.



The research psychologists conducting the study found that the study participants who were trained for just 20 minutes a day over four days gained significant progress in their critical cognitive skills as well as in comparison to the control group.

From Wake Forest University School of Medicine, Fadel Zeidan, said "In the behavioural test results, what we are seeing is something that is somewhat comparable to results that have been documented after far more extensive training."

He also added that "The profound improvements that we found after just 4 days of meditation training are really surprising," and "It goes to show that the mind is, in fact, easily changeable and highly influenced, especially by meditation."

The study involved 69 student volunteers who were split into two groups. They all underwent a variety of tests to determine their state of memory, visual attention, mood, attention processing, and vigilance. People in both the groups scored equally well on all measures prior to the start of the experiment. For the 'mood' test both groups improved equally too, but when it came to the cognitive tests, the meditation group improved significantly upon the other one. In fact for one test, they were 10 times better.

The meditation was a kind of 'mindfulness training' based on the "Shamatha skills" of the Buddhist meditation tradition. All the sessions were facilitated by a trained instructor.

The study paper described the meditation process: "Participants were instructed to relax, with their eyes closed, and to simply focus on the flow of their breath occurring at the tip of their nose. If a random thought arose, they were told to passively notice and acknowledge the thought and to simply let 'it' go, by bringing the attention back to the sensations of the breath." As the training progressed it built on from this foundation to focus on specific cognitive abilities.

The paper entitled "Mindfulness Meditation Improves Cognition: Evidence of Brief Mental Training" was published in the *Consciousness and Cognition* journal.

This article was taken from: <http://www.healthypages.co.uk/newsitem.php?news=6255>

ALI LEFTWICH HAS BEEN SUCCESSFULLY RUNNING A MINDFULNESS COURSE AT NINE SPRINGS WHICH WILL BE CONCLUDING IN EARLY MARCH—HER NEXT COURSE WILL BEGIN ON TUESDAY 26TH APRIL—IF YOU MIGHT BE INTERESTED IN JOINING HER PLEASE CONTACT HER FOR FURTHER DETAILS 0845 1305354

PRACTITIONER OF THE MONTH JAN HOWARTH

Jan offers Reflexology and Chinese foot massage. Reflexology is a therapy which, evidence shows, has been practiced since ancient times and uses the application of pressure to the feet to elicit a response from the body. The feet can be divided into specific areas which correspond to different parts of the body and the therapist works on these in the course of the session.

It has been shown to help with a number of conditions usually related to the reduction in stress that is achieved when experiencing the release in tension in different areas - it helps the body to achieve a better balance or reach homeostasis. Chinese foot massage uses similar principles.

Jan has been working with us at Nine Springs for some time and her great interest in art, being a painter herself, has been beneficial when helping to organise the art exhibitions throughout the building. She enjoys Qi Gong, T'ai Chi, swimming and walking.



CHIROPODY/PODIATRY—NOW AVAILABLE

We are pleased to let you know that we again have a Chiropodist/Podiatrist offering sessions at Nine Springs. Diane Action will be re-joining us in late February and will be working initially on a Wednesday but may soon be able to offer an alternative day to those who are interested.

Diane was previously one of the team here and is returning after a short break. She offers And to find out a full list of her prices please check with Reception on in the reception area at the Clinic. If you wish to use these services please call Reception for more information or to book an appointment.

CHINESE NEW YEAR 2011—THE YEAR OF THE RABBIT

Those born in any of these years were born in the year of the Rabbit -1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011. People born in the Year of the Rabbit are expressive, gifted, and determined. They are honourable, reserved, and have exceptional taste; they are gracious, kind, sensitive, soft spoken and amiable; they are elegant, cautious, artistic, thorough, shy, astute and self-assured; they are also compassionate and flexible but can also be moody, detached and stubborn.

Richard Bertschinger tells us:

"Here is the Rabbit, symbol of security and attention to detail. His time of day is 5-7am and season is springtime. So get up early and welcome in the new sun's rays of the coming bright mornings! Then you can awaken your wood energy of the Spring. People born in the Year of the Rabbit are meant to be conservative in nature and cautious. Perhaps rather sensitive to the world around them - ready to spring away at the first sign of threat. But then again, being linked to the element wood they like planning and building things. This is the time to get out in the garden again. Get moving, good luck and watch those aches and pains. Isn't it about time to come to one of our Yoga, Tai-chi or Qigong or Daoyin classes? "



SPRING WEEKLY PROGRAMME

We have a very exciting and busy programme of weekly courses for the new term. You will see that we have added a number of new ventures as well as old favourites. Do contact the course provider who can give you more details or check information on our website.

MONDAY

9.30am -10.30am	TAI CHI FOR SENIORS	Richard Bertschinger	01935 824275
11.30am-1pm	YOGA	Ursula Dunne	01458 851699
6-7.15pm	YOGA FOR PREGNANCY	Ursula Dunne	01458 851699
7pm -9pm	DRUMMING	Sharon Stone	07966 613724

TUESDAY

9.30am – 10.30am	PILATES – INTERMEDIATE	Sue Durant	07511 642656
10.45am -11.45am	PILATES – BEGINNERS	Sue Durant	07511 642656
5pm-7pm	MINDFULNESS	Ali Leftwich	0845 1305354
7pm-8.30pm	HATHA YOGA	Louise Byford	07958 780245

WEDNESDAY

5pm-6pm	PILATES	Sue Durant	01963 34634
6pm-7pm	PILATES	Sue Durant	01963 34634

THURSDAY

5.30pm-6.30pm	DANCE	Hannah Lefeuvre	07794 453329
7pm-8pm	MEDITATION & STRESS MANAGEMENT	Marilyn Upton	07785 181991
7pm-8.30pm	HATHA YOGA	Louise Byford	07958 780245

FRIDAY

11.15am-12.15pm	TAI CHI	Zabeth Macfarlane	07747 616166
12.45pm-1.45pm	QI GONG	Jane Robinson	01935 42228
6pm-7.30pm	YOGA	Zabeth Macfarlane	07747 616166