



Nine Springs News

www.ninespringsclinic.org

November 2010

**NINE SPRINGS
NATURAL
HEALTH CENTRE**



Also featured

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OF THE MONTH**

**ZABETH
MACFARLANE**

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

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PILATES—KEEP FIT EXERCISE OR THERAPY?



Everyone raves about Pilates these days, especially physiotherapists, osteopaths and physicians who recommend it as one of the best forms of exercise today, particularly for back problems. Worldwide 12 million people are practising Pilates and that number is growing.

What's the attraction? How does it differ from Yoga or a Keep Fit class?

Developed by Joseph Pilates (1880 - 1967), it only became known as 'Pilates' after he died. The method has gradually evolved with advancing biomechanical knowledge, but the roots of the technique are steeped in the philosophy and movement patterns designed by him.

Many of the exercises look similar to Yoga, but the techniques used for such postures are different, looking more at the anatomical understanding of the body's muscular and skeletal systems. *It helps you to move using your body more correctly by paying attention to good muscle control, particularly the 'core muscles' of the abdomen.* This is as important for high-class athletes and dancers, as us 'mere mortals'.

Pilates can be beneficial for just about everyone, regardless of age and fitness level. Joseph Pilates himself said "Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young." Most people report increased mobility and energy levels, better posture, less cramp, even improved sex life!

It is important to find a well qualified teacher, especially if you have any injuries or fitness issues. We are fortunate in this area that we have a flagship Pilates Foundation Teacher Training Centre in Castle Cary, and we are fortunate that our teacher here, Sue Durant, trained there. Classes should be no more than 12 in order to give the necessary close attention to detail.

So, if you are looking for an exercise system that is also meditative go to Yoga. If you just want a keep fit type class then you need to go to something that is more aerobic (however, some of the Pilates classes available, which are taught by teachers who have done a shorter training, are closer to keep fit/aerobics). If you wish to learn to have expert control of your muscles, deal with injuries, arthritic joints or back problems then a quality standard Pilates class is a true investment.

Trudie Styler said '*Sting and I have found that the benefits are countless. As yoga practitioners of fifteen years, we considered ourselves fit and strong, but Pilates has given us a completely different kind of fitness.(it) is a wonderful workout that gives you both energy and grace.*'

Jane Robinson BAc MBAcc

PRACTITIONER OF THE MONTH ZABETH MACFARLANE

Zabeth is a practitioner who has many strings to her bow. Not only does she teach Yoga and Tai Chi but she also offers Healing, Holistic Massage, Reiki and Indian Head Massage.

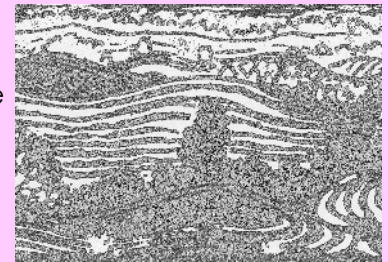
Zabeth is an experienced therapist and teacher who employs her knowledge of a variety of self-healing methods to promote health and vitality through her many active classes and focused therapy sessions. As well as being a therapist, Zabeth teaches Tai Chi, Chi-Kung, Yoga, Reiki and Meditation. She also leads Art & Craft workshops for able & gifted children in residential educational centres and schools in the South West, and teaches adapted Yoga and Tai Chi to young adults with additional learning needs at Yeovil College.



AFFORDABLE ART

When you are planning your Christmas shopping please don't forget that we have a wonderful selection of affordable art on display throughout the building.

There is a great variety of work in different media—from cupcake pictures to driftwood mirrors, lino cuts prints to small sculptures and intricate photographs.



Fields—Ann Whitehead

There is something for everyone—prices start from £17 and nothing is above £70. So do come in and have a look around and please bring in a friend if you would like to show them.

WEEKEND WORKSHOPS IN NOVEMBER

Saturday 6th FELDENCRAIS—EFFORTLESS ELEGANCE – ALIGNMENT AND INTEGRATION

10.30am – 3.30pm Cost £40 For more information call **01308 420234** or email barbara@effortlessway.net

Saturday 13th SAMBA REGGAE - Why drumming? – Because it relieves stress & makes you feel good!

2pm – 5pm Cost £16 For more information call Sharon Stone on **07966613724** or enquiries@organicrhythm.co.uk

Sunday 28th TAI CHI ESSENCE 10am – 4.30pm Cost £30 - £50

For more information contact Angus Clark – 01647 433846 or angus@livingmovement.com
www.livingmovement.com

AUTUMN 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
10.15am-11.15am	CHAIR YOGA	Ursula Dunne	01458 851699
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
7pm-8.30pm	HATHA YOGA	Louise Byford	07958 780245

WEDNESDAY

12am—1.15pm	YOGA FOR PREGNANCY	Ursula Dunne	01458 851699
5pm-6pm	PILATES	Sue Durant	01963 34634
6pm-7pm	PILATES	Sue Durant	01963 34634

THURSDAY

7pm-8pm	MEDITATION & STRESS MANAGEMENT	Marilyn Upton	07785 181991
7pm-8.30pm	HATHA YOGA	Louise Byford	07958 780245

FRIDAY

9.15-10.45am	IYENGAR YOGA	Hannah Lovegrove	07971 434336
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