



equilibrium

complementary health and relaxation

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January 2018



January Sale -
with *extra*
discount for all
clients!



Throughout January we're offering a massive 33% off ALL our books and yoga mats and 25% off all our top quality vitamins & supplements.

And as a special 'thank you' to all our clients and customers, this is increased to 50% if you've been a client - even once - during the last 12 months!

So if you've attended Equilibrium for ANY treatment during the last year, please mention this to reception to

A very happy & healthy New Year to you - we hope that throughout 2018 you'll find ample supplies of peace, strength, resilience, calmness, gratitude, joy and love in abundance as and when needed. Our friends at Yogamatters sent us a list of suggestions for the New Year, which we're happy to share with you...

BE FULLY PRESENT ▪ *Listen*
STARE INTO THE FLAME
CREATE SPACE ▪ *Be kind*
SWITCH OFF YOUR PHONE ▪ **BREATHE**
Make lasting memories
SAVOUR EACH MOMENT ▪ **GIVE & RECEIVE**

We'll be needing all of these ideas (and more!) as we prepare for our move this Spring. In order to make space we're having a massive sale this month, with many books, yoga mats, vitamins and other products with a third off - and just half-price if you've had a treatment in the last 12 months. Please feel free to come and grab a bargain - you can browse anytime during our [opening hours](#). Valid until 31st January.

Finally, we have just a few last-minute places left on our Yoga, Tai Chi & Reiki courses so please book soon if you'd like one. There links for each course to facilitate booking though please note that these stop working when there are only one or two places remaining. Alternatively, please feel free to call us anytime on 01273 470955.

claim your extra discount off any book or yoga mat. Valid until 31st January or until stocks last.

New Year advice!

How to keep your New Year resolution...



"Think about adding to your life rather than what you are taking away" (Huffington Post)

There is an old saying that goes: "What you focus on is what you get". As you think about what you are resolved to do in 2018, is your focus on what achieving it will add to your life, or on what you will be losing? Are you wanting it more than you are afraid of it?

Four ingredients need to be in place for successful motivation:

1. You *want* to do something rather than *feeling you have to*.
2. You know *how* to achieve it.
3. You *involve* other people in it
4. You are able to *imagine* achieving it.

Think about something you know you can and will do e.g. taking a holiday. Do you want this holiday or do you have to have it? Do you know how to get there? Will other people be involved? How easily can you imagine being there?

How good does that feel?

That's how you can think about your resolution - be it stopping smoking, letting go of excess weight, learning a new skill, turning over a new leaf with your family, getting a new job.

Richard Morley is an established clinical hypnotherapist and EMDR practitioner. He is a tutor

Health in the News

Huge health gap revealed between UK's rich and poor



Children from poor families are far more likely to end up in hospital A&E departments or need emergency

treatment for conditions such as asthma and diabetes, according to shocking figures revealing the consequences of poverty in Britain.

In findings that senior doctors said showed the "devastating impact" of deprivation on child health, the nation's poorest teenagers were found to be almost 70% more likely to appear in A&E than their less deprived counterparts.

A comprehensive study that examined hundreds of thousands of patient records found inequalities between children from the poorest and richest families were costing the NHS hundreds of millions a year and contributing to pressures on the health system. Across the 10 most common conditions leading to unplanned hospital visits, the rates of admission were consistently highest among children and young people from the most deprived areas. The study, by the Nuffield Trust, found inequalities in some areas of child health had increased over the last decade in England, despite advances in care.



School-age children from the poorest areas are two and a half times more likely to be admitted to hospital in an emergency for asthma than those in the richest areas. The research shows the gap has grown substantially in a decade.

One of the study's authors warned that with child poverty increasing, it is "hard to see the inequality gaps we highlight being eradicated any time soon". Other experts blamed cuts to school nursing and the benefits system as contributing to the divide.

The most deprived young people are 58% more likely to go to A&E than the least deprived groups, with the most deprived teenagers experiencing A&E attendance rates almost 70% higher than those from the best-off families. The most deprived groups were 55% more likely to experience an unplanned hospital admission, though that gap narrowed over the last decade.

at the London College of Clinical Hypnosis and a full member of the British Society of Clinical Hypnosis. He is one of only a few Certificated Neuro Linguistic Programming (NLP) and Health Practitioners in the UK, and a Master Practitioner and Trainer of NLP. He is a certified practitioner of Applied Neuroscience and a practitioner for the National Smoking Cessation Institute. He has helped thousands of people change their lives for the better.

Sessions with Richard can be booked through reception at Equilibrium (01273 470955) or direct with him on 0845 6066089.

If you're not sure what you need, we can advise on the most appropriate therapy for your situation. All therapists also offer a free initial consultation to help you know more about what they do and how each treatment works, so you can choose the best possible approach.

Quote of the Month

"Healthy citizens are the greatest asset any country can have."
~ Winston S. Churchill

Experts said education, diet, environment and the pressures on families living on the breadline meant poor children often ended up in hospital when their health issues could have been headed off earlier. The report's authors warn that the most vulnerable children are being let down by health services.

[Full story...](#)

With thanks to guardian.co.uk for the above

Clinic changes this Spring

We've found several central Lewes options for new clinic premises which we're currently investigating in earnest, and are hoping that the move this Spring will cause minimal disruption for all therapies and classes. We'll keep you posted regarding further developments...



Connect with us



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New courses starting soon...



Reiki Level 2 **Certificated Course**

2 Sundays:
18th & 25th Feb 2018



Scaravelli Yoga

Mon 8th Jan 2018
6.30-7.45pm [Buy now](#)



Tai Chi

Mon 15th Jan 2018

10.00am-5.00pm

Tutor: Sue Hall

Reiki Master Susan Hall will be holding a Reiki Level 2 Course over 2 Sundays next Spring.

This course is for students who have completed Level 1, and who are committed to carrying their Reiki forward in order to help others to help themselves.

When a student is attuned to Reiki level II energy he/she is able to work as a Reiki practitioner (when insured), either privately or as part of a complementary health centre.

In an ever-changing world, more and more healers are needed on many levels, and when one is attuned to level 2 energy the overwhelming feelings are of gratitude and wonder at having this powerful yet gentle magic in one's life.

The changes experienced after being attuned to Reiki energy at level I are enhanced greatly with the second attunement.

A life-enhancing and transformational step to take, should you choose to do so.

On successful completion of the 2 day course, you will receive a Reiki Level 2 Certificate.

+ 8.00-9.00pm Buy now

Tutor: Jane Manze

Against the backdrop of modern society where stress and superficiality thrive, the practice of Yoga provides some brief sanity, enabling us to enjoy the experience of aligning our body through releasing postures which give us a deeper experience of our self, gaining calmness, focus and a sense of inner spaciousness to take back our lives.



Jane's classes in Lewes have been running for over 10 years and are extremely popular so please ensure that you book your place as early as possible.



Beginners
5.00-6.00pm Buy now

Tutors: Paul Tucker & Jeremy Marshall

Tai Chi Ch'uan is an ancient form of slow, graceful and rhythmic exercise which originated in China.

Tai Chi is sometimes referred to as 'meditation in movement' or 'swimming in air'. It's unlike any of the 'hard' martial arts which rely on force and speed.

Tai Chi strengthens our internal energy, and allows it to flow more freely through the body. It is gentle and non-violent, though after much practice is an extremely effective form of self defence.



Many of our courses sell out before they start, so in order to avoid disappointment we'd strongly advise reserving your place as early as possible.

VISIT OUR WEBSITE FOR FULL DETAILS

Happy New Year from us all,
Paul, Rachel, Maya & the Equilibrium team

