

A BIG THANK YOU

to all who made it possible for this event to happen

Contact: The Calm Collective
c/o The Old Police Station, 80 Lark Lane, Liverpool, L17 8UU.
Tel: 0151 728 7884
www.larklane.com/calm

**HEALING DAY
2013
Saturday
March 16th
June 15th
September 14th
December 14th**

HEALING HARP played beautifully in the treatment room by Stan 07754 048 646
TAI CHI contact Charles & Gina Tsang 07970 346 680
LARK LANE DRUMMERS meet on Tuesdays at the Old Police Station 7.30pm – 10pm (£5) Phone
Steve 07724 459 867
www.larklanedrummers.co.uk / www.facebook.com/larklanedrummers

*Star's Yoga Winter Workshop Meditation and movement
"Subtle Sense"*

**Sunday 16th December
5.45pm - 8.15pm
Lark Lane Community Centre
Aigburth L17 8UU**

Ring or send a message to Star for your place in the workshop
07505-120-752
Cost £12.00

CALM COLLECTIVE HEALING ROOM at THE OLD POLICE STATION

VARIOUS THERAPIES

Phone Jackie 07791 842 013

YOGA, REIKI & INDIAN HEAD MASSAGE

Tuesday, Thursday and Sunday Phone Star 07505 120 752 for details

ALEXANDER TECHNIQUE & FLUTE & SAXOPHONE LESSONS

Phone Alice 07745 800 933 for details

AROMATHERAPY WORKSHOPS

HOT STONE MASSAGE & OTHER THERAPIES

Phone Anne (Grace Harbour) 07776 135563 www.graceharbour.co.uk

DECHEN TIBETAN BUDDHIST MEDITATION

Wednesdays 7 pm phone Dan 07766555622

Calm Collective Healing Day Winter Celebration Saturday 15th December 2012 1 - 7pm

The Healing Day has been running at this centre for over 10 years and has become a popular creative health family event. Art activities are free to all and therapy prices are kept to a minimum, with concessions for unwaged, students and pensioners. All profits raised are used to improve and ensure the sustainability of this event.

1.00 - 1.30 pm	MUSIC
1.30 - 2.00 pm	BLACKBURNES HOUSE CONTEMPORARY CHOIR
2.00 - 3.00 pm	TAI CHI DEMONSTRATION / WORKSHOP
3.15 - 3.45 pm	RIVER NIGER ACCOUSTIC
4.00 - 4.30 pm	AIDAN PEAT
4.45 - 5.15pm	SKIRMISH
5.30 - 7.00pm	MUSIC

MAIN HALL

ALL DAY: **VEGGIE CAFÉ** - delicious vegetarian food with a range of teas.
VARIOUS STALLS – handmade, environmentally friendly, FairTrade products and seasonal gifts, homemade cakes, soaps, needlecraft, books, candles, natural skin care products, tarot, jewellery, art & crafts and much more.

CREATIVE ACTIVITIES (in the entrance hall)

1.00 - 5.00 pm **ART & CRAFT ACTIVITIES** –Get creative with **Family Hive** and make something!

THE THERAPY ROOM

1.00 - 7.00 pm	REFLEXOLOGY	SHIATSU
	AROMATHERAPY	VORTEX HEALING
	MASSAGE	CRYSTAL THERAPY
	INDIAN HEAD MASSAGE	REIKI
	CUPPING THERAPY	THAI MASSAGE
	ALEXANDER TECHNIQUE	HOT STONE MASSAGE

THE WORKSHOP ROOM

(exit the main door, last door on the left, upstairs)

3.00 - 4.00 pm **DREAM WORKSHOP** with Jonathon

Performances and workshops

The Main Hall

TAI CHI DEMONSTRATION

An ancient Chinese form of recreation for all ages and abilities. Learning the movements, which are based on natural principles, is a creative process benefiting both mental and physical well-being. Charles and Gina Tsang are highly experienced teachers who specialize in the Yang style.

BLACKBURNES HOUSE CONTEMPORARY CHOIR

Blackburnes House Contemporary Choir hail from Liverpool and perform contemporary seasonal traditional songs with a twist

RIVER NIGER ACOUSTIC

Olu Olaseinde MBA AIBA from River Niger Arts performs a selection of his own and traditional songs inspired by spirituality and slavery
www.rivernigerarts.com

AIDAN PEAT

‘A December-ish twist of future-folk, old rope, sea-shanty and psychedelic whimsy’

SKIRMISH

Acoustic Duo who play original compositions on harmonica and guitar, inspired by flavours and ingredients from Eastern folk

Entrance Hall

Get creative with Family Hive – Make your own Xmas decorations, pomanders, bird balls & much more!

‘**Family Hive**’ is a new family event taking place at this centre. The event is packed full of entertainment, games, activities and fun for younger children and their parents to enjoy - Their next event is on Saturday February 9th 2013 11am – 3pm and is only £3 per child

The Workshop Room

(exit main entrance, last door on the left upstairs - recommended donation £3.00)

DREAM WORKSHOP

While we sleep our minds give us dreams that we can use as guides for personal growth and development. Come and find out how !

POTTERY CLASS

A Pottery class is taking place downstairs from the Workshop Room.

Therapies Available

£10 for a half hour treatment (concessionary price: £7.50)

All therapists are fully qualified and insured

AROMATHERAPY MASSAGE

Aromatherapy is the use of organic essences (essential oils) derived from aromatic plants and trees. These oils can be used to benefit health, well-being and vitality by inhaling the aroma and absorption through the skin.

VORTEX HEALING

Vortex healing is the channelling of energy through the client's system. The Vortex energy works deeply. Healing takes place lying down fully clothed, while a practitioner holds the client's head, sending energy to wherever it is needed in the body.

INDIAN HEAD MASSAGE

This treatment comes from the traditional Indian healing system of Ayurveda, incorporating the upper back, shoulders, upper arms, neck, scalp and face. It is performed whilst sitting, fully clothed and can be done with or without essential oils.

REIKI

Reiki energy can transform stress, anxiety and confusion into calmness, relaxation and understanding; helping to release blockages in energy flow. Also available with Magnetic Seed Ear Acupuncture to assist and continue the healing process (£5 extra)

HOT STONES

This unique form of hot stone massage uses hot Basalt stones that help to promote profound relaxation and self-healing. Today's sample treatment is the experience of the stones' heat through your clothing and on your hands, feet and face.

CRYSTAL THERAPY

Crystal therapy is a lovely relaxing treatment involving the placement of crystals on the fully-clothed client. This treatment can help relax stress and bring emotional balance, inducing the release of aches and pains.

SHIATSU

Shiatsu is a traditional Japanese healing therapy which is likened to acupuncture without needles. The therapy is given through clothing on a padded mat on the floor. For people who are unable to lie down Shiatsu can be given in a chair. Massage, gentle stretches and hand pressure are used to balance the body's energy and maintain good health.

REFLEXOLOGY

Reflexology is a holistic therapy working on reflexes in the feet and hands, which relate to every organ, gland and function of the body. This specific pressure technique gently stimulates the body's own healing energy and induces deep muscle relaxation.

CUPPING THERAPY

Cupping is an ancient method of causing local congestion. A vacuum is created in cups placed on the skin either by means of heat or suction, drawing up underlying tissues. Left in place on the skin for a few minutes, blood stasis is formed and localized healing takes place. Cupping been found to affect the body up to four inches into the tissues, causing tissues to release toxins and activate the lymphatic system.

ALEXANDER TECHNIQUE

Alexander Technique helps you become more aware of your unwanted habits of tension And to learn to release them to regain natural balance and ease. During a session the teacher will guide you through simple, everyday movements,

THAI MASSAGE

Thai Massage is performed on floor mats, through clothing. Using thumbs, palms, feet, knees and elbows with a combination of acupressure, reflexology and deep assisted stretching. This is an excellent treatment for natural healing and well-being.