

# The Body Press



ON THE TABLE THERAPIES

Autumn 2013

## Massage Course Weekend - 4th & 5th May 2013

Do you ever wish you could have someone rub away those aches and pains when you most need it and not have to wait for an available appointment. Or do you sit down at the end of a long day of work, gardening or study and just need 10 minutes of TLC on the sorest bits of your body? How many times has your better half said they will massage you but they are scared of hurting you or their arms and hands hurt when they do? Perhaps you want to learn how to massage a relative or friend to help them through a difficult time in their life.

I would like to teach you how to massage your partner or friend over the course of a weekend. You will learn how to apply safe

and effective massage techniques to the back, legs, neck, shoulders, face, scalp and feet. The course will be offered for a maximum of 4 couples only. You will be taught basic anatomy and physiology, as well as given advise on base oils and other massage mediums and equipment. The course objective is that you know how to apply and why you are using the techniques enabling you to give an effective and comfortable full body massage.

Techniques will be taught to make sure you are working safely for both yourself and the person being treated.

You will be given a certificate of completion and hand outs for you to keep and refer back to after the course has finished. I'm sure you will

find this a fun, enjoyable and interesting weekend packed with information and you should be able to massage your partner with confidence after this course.

Sign on will be at 8.45am on the Saturday for a 9am start and 9am on Sunday. Both days will finish at 4.30pm. Healthy snacks and refreshments will be provided. You will need to bring a light lunch, four large towels and two pillows per couple.

Enrollment needs to be before 20th April. Early bird discount will apply for those who have paid a deposit by 30th March.

Early bird offer = \$230 pp  
After 30th March \$250 pp

Deposit \$50pp by 20th Apr at the latest.

Favorite Quote of the moment:

*"Now that it's all over, what did you do yesterday that's worth mentioning?"*

Coleman Cox

### Price Increase. Pooh says "why not pre-pay and save it for a rainy day"

I will be increasing my prices as from 1st May 2013. All treatments will increase by \$2 each. If you want to beat the increase and get a discount at the same time why not pre-purchase 6 treatments. You will be given a 50% discount on

the price of your 6th treatment. E.G six Bowen treatments at the new price will cost you \$300 at this offer price you will pay just \$264. That's some saving I'm sure you will agree. So if you are a regular user of massage or Bowen therapy or you

have been promising yourself some more 'me time' why not pre-pay and save. Pre-paid treatments can be paid by bank transfer or cash. Receipts for individual treatments will still be given for your health fund.





ON THE TABLE THERAPIES

Recipe

Veggie Spicy Patties - nutritious, tasty, filling and cheap. What more could you ask for in a meal? Well I'll tell you.... this is a complete protein vegetarian meal.

**Ingredients:**

1 cup quinoa	2 tsp garam masala	1 tsp cumin
2 cups water	4 tsp grated ginger	1/2 tsp hot Chilli Powder
1 Tbs Olive Oil	2tsp ground coriander	(or more if you like it v. Hot)
1 medium sized onion, finely chopped	1/2 cup pumpkin pepitas	
2 cloves garlic, minced	1 tsp ground black pepper	
400g can of cannelli beans, rinsed & drained	2 eggs	
1 1/2 cups rolled oats	pinch of sea salt	
1/2 cup psyllium husks	wraps	
1 tbsps grated ginger	Hummus	
1/4 cup parsley, finely chopped	Serve with salad &	
rinsed & drained	favourite dressing	
1/4 cup fresh coriander, finely chopped		

Rinse the quinoa and place in a saucepan with the 2 cups of water. Bring to the boil, reduce heat and simmer for 10 minutes until all the water is absorbed or quinoa is al dente. Allow to cool. Heat oil in a fry pan, add onions and garlic and cook over a low heat until soft and golden. Stir in the ground coriander, garam masala, cumin & chilli and cook gently for about 1 minute. Allow to cool slightly. Process the beans, onion/garlic/spices, quinoa and oats until well combined. Place mix into a large bowl and add the psyllium husks, ginger, fresh parsley & fresh coriander, pumpkin seeds, eggs, salt and pepper and stir until well mixed. With wet hands shape into patties. Refrigerate for 15 minutes. Shallow fry in a little olive oil for 10 to 15 minutes each side on a low heat.

March special:

White Tea

\$4 for 30gms (normal price \$5.30)

This is an antioxidant explosion. A more delicate drink and one up on the antioxidant ranking than green tea.

Serve with wraps, hummus and salad with dressing. Options with this recipe are to omit the eggs and add a little more water to bind. This will of course alter the protein content.

I also like to coat the patties in chickpea (besan) flour before shallow frying.

Besan Flour is available from Atherton Health Food Centre, 68 Main Street, Atherton

If you have a healthy recipe you would like to share email me: christietonks@hotmail.com

# ZenSomatic

*Mindful Moments - give your mind a rest with movement exploration*

A good start position for any movement exploration is constructive rest position. Lie on your back with your knees bent, feet flat on the floor, heels about 15cm away from your bottom. Make sure your neck is in neutral position by placing a towel folded to about 5cm height under your head. This is a good position to start with any body scan meditation. So after you have managed to switch off your daily thoughts, bring your attention to subtle sensations in your body. Sometimes it takes a while to realize that

what you think is a relaxed area is actually slightly held. After a while v-e-r-y slowly allow your knees to drop to one side. This is a controlled slow movement - I cannot emphasize enough how slow this should be. You need to be acutely aware of what your body is doing, notice how the movement you do is counterweighted by muscles elsewhere. Explore the movement and see if you can still do it in a controlled manner by relaxing areas that you notice contract unnecessarily whilst you move. Now slowly straighten an

arm along the floor, stretching slowly to appreciate the release been given to bound up tissues that are being stretched. Continue with slow enjoyable movements. I prefer to lie on top of a cotton quilt so that I can feel the softness and coolness of the cloth as I move. Mindful awareness of your surroundings in the present moment is a conscious effort and allows you to give your mind a rest from the everyday stresses that usually occupy your mind. It takes practice but the reward will be given to you in time.

