

# The Body Press



ON THE TABLE THERAPIES

Summer 2013

## Online Diary System Available Soon

The time has come to go with technology and move away from my paper diary. The paper diary is not a problem but not being able to return your call is and I find that as my diary gets fuller the time it takes for me to be able to return your call is getting longer and longer.

So after trialing a few online systems and being the proverbial pain in the rear end to the administrators of at least two online diary companies I have found one that I am happy with. The system will start in January 2014 when after everyone's details have been loaded on you will be sent an email to activate your own personal online booking module. From there you just have to change the computer generated password to one

that you can remember - it must be at least 8 characters, have capitals and small case and at least one number - good luck remembering that! This is unfortunately a part of the system that I can not control, however good security is one of the reasons I chose this system and this is really as complicated as it gets. From then it is very easy to book an appointment for yourself online. If you don't register within 7 days of receiving your activation email you can do it at a later date by going to my website and clicking on the login page. From there you will follow the instructions for an existing customer. This system will allow you to see what available appointments I have on the day and in the future. You can book yourself in, cancel an appointment or just login to check when your appointment time is. Should you

need to check when your last appointment date was you can also look at your appointment history. The cancellation policy of 24 hours notice to avoid a possible fee still applies however the system will allow you to cancel within two hours of your appointment. This frees up your appointment should anyone else need to book in urgently.

**So now I need your email address.** If you haven't already given it to me or you have changed your email address and you would like to be able to make, view and amend your appointments when it is convenient for you please email me at [christietonks@hotmail.com](mailto:christietonks@hotmail.com) so that I can register you.

**If you do not wish to use the online booking system, no problem just ring and book with me as usual.**

*It is better to sleep on what you intend doing than to stay awake over what you have done.*

*Want to get back copies of The Body Press newsletter? Visit [onthetabletherapies.com/newsletters](http://onthetabletherapies.com/newsletters)*

## Congratulations Lisa on attaining your Cert IV Massage

Well I am extremely pleased to say that one of the students that attended my first massage course for couples and friends here in Atherton went on to study further and has just completed her certificate level IV in massage, with flying colours. Lisa McGrath did my course with a friend over a weekend in May this year. It was one of the best classes I have had the pleasure to teach in that it went without any complications and that myself and the participants had an enjoyable weekend with a few laughs and some very relaxed bodies by the end of it.

Lisa tells me that she would certainly recommend to people that they do my course before embarking on a qualification course if they are not sure that doing massage is for them "your course is what made me realise I love to massage people and I wanted to go ahead and do the Cert IV" said Lisa "doing your course was extremely beneficial, in my opinion, as it made the (hands on) massage subject 80% easier to do, as I already knew the basic foundations of massage from your course. This made learning the massage moves (taught by the accredited

college) easier through correspondence/online because I had learnt it with you first". Learning via correspondence always poses challenges but living in FNQ often leaves us with little choice. I am pleased to be able to say that I could help Lisa with her massage assessment and some of her course work and through her hard work and enthusiasm she is now trained and ready to practice therapeutic massage.

Well done Lisa !!! I will be booking an appointment with you soon.



CHRISTIE TONKS  
 REMEDIAL THERAPIST  
 25 Pink Street  
 Atherton, 4883

Phone: 0459 547681  
 christietonks@hotmail.com  
 www.onthetabletherapies.com

ON THE TABLE THERAPIES

Notice Board

**Two Day Massage Course  
 Date Claimer:  
 FEBRUARY 8TH/9TH 2014**  
 Other Dates Available on Request  
 Want to know more? Visit  
 www.onthetabletherapies.com/courses

Sewing Machines  
 repaired & serviced  
 Paul: 0459 033149

Ortho-Bionomy 2 day course  
 When: 1st & 2nd March 2014  
 Where: Atherton venue TBA  
 CPE Accredited with AAMT check for other  
 associations. Contact Christie for enrolment.  
 Spread the word, tell other therapists that you  
 know or do it yourself. To find out more about  
 this therapy technique visit  
<http://www.ortho-bionomy.org.au>

**Easy (Chick)Peasy Hummus**  
 1 can of chickpeas  
 1 desert spoon of unhulled tahini  
 1 teaspoon of minced garlic or two garlic gloves  
 crushed  
 Three teaspoons of lemon juice  
 1/2 teaspoon ground cumin  
 Pinch of salt  
 Drain the chickpeas, keep the water to one side. Put  
 the chickpeas into the whizzer. Add the tahini,  
 lemon juice, cumin and salt and a couple of desert  
 spoons of the chickpea water. Wiz for 30 seconds  
 then check the consistency. Keep adding the chick-  
 pea water a spoonful at a time and whizzing until  
 the desired consistency is achieved. Usually its  
 about 4 to 6 desert spoons of chickpea water to get  
 a nice thick, creamy texture. Serve Chilled & eat  
 with carrot & celery sticks for a healthy snack. Full  
 of protein. Low G.I.  
 Hint: Keep a tin of chickpeas in the fridge

**Short Workshops 2014**  
**February 2014: Learn how to  
 pamper someone you care  
 for with a heavenly foot  
 treatment. 4 hour workshop.  
 \$80pp**  
**March 2014: How to give an  
 effective Seated Neck &  
 Shoulder Relaxation  
 Massage. 4 hour workshop.  
 \$80 pp**  
**For expressions of interest  
 email  
 christietonks@hotmail.com  
 Or visit  
 onthetabletherapies.com/  
 courses  
 For more details**

**ALANON**  
 Al-Anon is a unique fellowship that  
 unites members of different back-  
 grounds, races and walks of life in an  
 inspiring endeavour; helping them-  
 selves and others to lead purposeful,  
 useful lives by overcoming the  
 frustration and helplessness caused by  
 close association with an alcoholic.  
 If you believe your life has been  
 affected by someone else's drinking  
 then Al-Anon Family Groups can help.  
 Weekly Meetings at  
 Atherton & Yungaburra  
 Contact 1300 ALANON (252666)

# ZenSomatic

*Mindful Moments - Notice Your Thoughts for Stress Management*

**Third is Sometimes Best**  
 Email this word to me at  
 christietonks@hotmail.com  
 and win **2 one hour  
 treatments, valued at  
 \$130.** The third email  
 received will win.  
 To make sure it doesn't go  
 into my junk please enter  
 'your newsletter' in the  
 subject line. Good Luck!  
 The word is:

**MACADAMIA**



Our thoughts are usually something we don't, well, give much thought to. At best they are wonderful memories or imaginative desires but at worst they can be like an old scratched record replaying a painful situation or they are like little demons conjuring up worries and 'what if's' of something in the future. All thoughts are about the past or the future. But how often do we notice our thoughts? Be mindful of your thoughts for a short time and notice where they are. They will unlikely to be in the present moment. If when you do this you notice

that you are replaying an old situation that you wish you had handled differently or that you are imagining the worse case scenario to a future event - one that is more than likely not going to happen the way you are imagining it, then the practice of noticing your thoughts will allow you to stop the meandering mind from it's saunter down Mindless Avenue and awaken you to the reality, clarity and ease of now. Thoughts are pretty powerful things. They are usually well underway with a memory, desire or worry before you

realise what is happening. But they are also irrelevant. Most people think they are helpful, useful or supportive but as you begin to notice your thoughts you may be surprised to discover that most of the time thinking is completely useless, irrelevant to the present, unhelpful and stressful. The more you practice noticing your thoughts and stopping the harmful ones in their tracks the easier it will become and soon their power will be quite easily extinguished. For more like this visit: [peacethroughmindfulness.com.au](http://peacethroughmindfulness.com.au)