

Understanding and healing your body - together with you

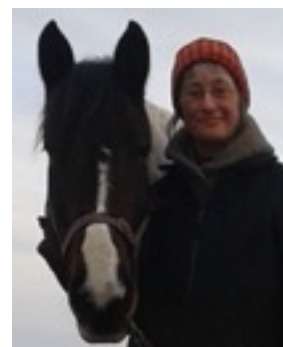
Spring is in full swing, nature in full bloom. It feels like life wants to happen after a time of slumber and retreat in Winter. We are out and about, the gardens are calling, outings and picnics are in season. With all that thriving energy we may also notice that the wanting doesn't always match our physical needs. We may feel tired, achy or even stressed at the prospect of all possibilities and activities. The body seems to have a different idea of life and responds with symptoms. When faced with such a situation BodyTalk™ can help to get a better understanding of those symptoms showing up and occupying the thoughts.

Katharina Kroeber is a certified BodyTalk™ practitioner and has been part of the Healthworks team in Forres for a number of years. She is using a system of gentle muscle testing to find out where stress and trauma can be released and the natural communication within all the body systems restored. Once communication is flowing again, repair and resilience can do their work. Whether it's something as common as a cut or a bruise, or recovering from more serious illness, the body has a fantastic ability to heal, and with our in-built self-healing powers tuned up we are in a much better position to deal with any challenges that might come along. Katharina is offering appointments at the Healthworks building in Bank Lane. Each session is tailor-made to the client's needs and what is going on in their lives, to support them in letting go, feeling better within themselves, and create a healthier life. More info can be found here:

<http://www.healthworks.uk.net/bodytalk.php>

BodyTalk™ is one of many holistic complementary therapy options and alternative medicine that can be found at the Healthworks Centre in Forres. An independent team of fully trained, experienced and insured Practitioners is there to support you in dealing with health issues, offering guidance and care to meet your needs. Restoring and bringing balance to your mind, body and soul is the central focus of every practitioner. A balance that you may be looking for and that helps you joining the full forces of Spring.

Christine Hartmann



INDEPENDENT PRACTITIONERS

Acupuncture Trad. Chinese

James Adams
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Therese Poon
07785 284 536

Acupuncture Western Medical

N. & E. Robinson
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Aromatherapy Massage

Alison Leishman
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BodyTalk

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Counselling

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Counselling/Couple Couns.

Michael Hawkins
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Energetic Cellular Healing

Celia Forestal Smith
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Homeopathy

Pia Wallace
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Hypnotherapy & NLP

Pat Wilson
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Remedial Massage & Lymphatic Drainage

Janey Brown
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Naturopathy

Deborah Sutherland
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Nutrition and Lifestyle

Eveline Rodenburg
01309 691156

Osteopathy, Cranial Osteopathy

E. & N. Robinson
Deborah Sutherland
01309 671 413

Reflexology & Acupressure

Grace Pirnie
01309 671 504

Remedial & Pregnancy Massage

Louise McRitchie
01343 842 837

Spiritual Healing & Reiki

Jutta Geissler
01309 671552

Zen Yoga

Pia Wallace
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All practitioners are insured.

www.healthworks.uk.net