

## OUR THERAPIES AND PRACTITIONERS

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Further information about our Practitioners' therapies and services, including further reading about the Centre, can be found on our website: [www.healthworks.uk.net](http://www.healthworks.uk.net)



**\* VISIT OUR NEW WEBSITE \***  
[www.healthworks.uk.net](http://www.healthworks.uk.net)

**RESTORATION and balance of mind, body and soul is at the forefront of Healthworks Holistic Health Centre's values and principles.**

At the centre, we have a wide and varying range of complementary therapies and alternative medicine on offer, whether this be for a complete relaxation session or you require support on a specific health issue. Our fully trained, experienced and insured practitioners are on hand to offer their guidance to meet your needs and help you with your personal plans and goals.

Our practitioners recognise that a healthy mind is key to ensuring that we can sustain the busy lives that we lead nowadays. Keeping up is not easy in our fast-paced, ever changing world. Along with this comes pressure and stress which can take its toll on our mental and physical states. With this in mind, Healthworks is supporting Mental Health Awareness Week, which is from 11th-17th May, with this year's theme being Mindfulness.

Mindfulness is a therapeutic technique that focuses you on the present whilst acknowledging feelings and thoughts, increasing your ability to make decisions and conscious choices. Our practitioners recognise the benefits that mindfulness can have on their clients.

Lisa Esslemont: 'One-to-one coaching is a facilitative method that can support mindfulness on all levels. Being mindful and aware of your environment and surroundings, what you are saying and hearing, and the emotional and physical needs of yourself and others, will enhance your wellness, bringing balance to you both personally and professionally.'

Alan Massey: 'The Alexander Technique is the ultimate way to cultivate the use of mindfulness in your life. Through one-to-one lessons you will learn to release unconscious habits that often lead to painful physical and emotional problems and regain the natural freedom and present moment experience you had in childhood.'

Claralynn Nunamaker: 'Kindful Communication helps you bring mindfulness into your everyday communication. Through integrating mindfulness, kindness and compassionate communication (based on non-violent communication), you can improve personal or professional relationships by learning to speak more skilfully, both with oneself and others.'

A spokesperson from the Mental Health Foundation has added, 'During Mental Health Awareness Week we are encouraging people to focus on the positive steps they can take to help improve mental wellbeing. Mindfulness as a self-management tool is proven to help reduce stress and anxiety and, in some cases, prevent depression.'