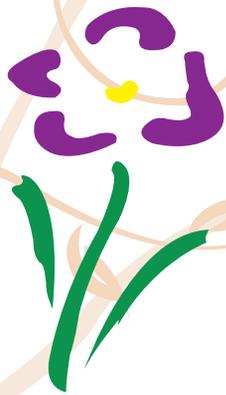


# Sanas

Ancient Wisdom



Tel: 01506 880 235

[www.sanas-ancientwisdom.com](http://www.sanas-ancientwisdom.com)

Hi to All of you,

Thanks for adding your name to my email list.

News from Sanas-ancient wisdom Spring /Summer 2009

Things at sanas-ancientwisdom getting busy despite the recession with enquiries and confirmed work in corporate and private sectors.

## NEW VENUES AND NEW SESSIONS

**New venue in Edinburgh**

**Yes back in Edinburgh by popular demand!!!**

I will be available for any of the new sessions plus all the regular massage sessions on one Monday and One Saturday per month initially at the Theosophical Society

**24 Great King Street, Edinburgh.**

If there is a demand classes in pilates, posture exercise and relaxation may also be available in Edinburgh.

please call or email for bookings or more info

## New sessions

With pilates 121 being popular, I am now offering a package tailored to the individual, giving postural feedback, breathing, exercise, massage and relaxation.

The exercise will be based on pilates because I believe it is the best and most useful to allow everyone to look and feel the best they can.

Tailoring it to the individual means that the person has the time and a real chance to understand their own body

and the patterns of use that give them aches and pains and lower their energy. With time and learning energy increases and you can look and feel good.

The massage, as always, will be focused on areas of tension. The techniques used are the revitalising acupressure or relaxing aromatherapy, along with myofascial release.

This coupled with the increased awareness of pilates exercise only adds to its benefits.

A relaxation session completes the package.

- The whole package will last around 2.5 hours.
- An introductory offer allows you to take advantage of this for only £50 per session
- Developments from this will include a relaxation and exercise CD.
- A regular class will hopefully be possible for people who want to continue having regular sessions of pilates based exercise, breathing and relaxation

Please tell others you meet or network with about this and other sanas-ancientwisdom services.

Please call for an appointment

## PILATES AT ST GEORGES SCHOOL FOR GIRLS IN MURRAYFIELD

**A new venue for the Pilatespeople classes and a new day.**

Classes will run from 5pm for Elderly, 6pm Beginners and 7pm for Level 2

Please see [pilatespeople.co.uk](http://pilatespeople.co.uk) to book and view all other class venues and times available at pilatespeople

## INTRODUCING METAMORPHIC TECHNIQUE

I have just completed my first weekend workshop in this fascinating subject and powerful yet gentle technique.

My own journey of self-development and healing lead me to begin studying.

I first read about it in Debbie Shapiro's book Healing Mind, Healing Body.

Unlike any other holistic work on body mind or spirit that I have experience in, it is not done with intent, claim or expectation. It does not work on the principle of cause and effect. It simply allows the client's own life force energy to bring about transformation of long held patterns that may be holding them back from their true potential and greatest good.

The theory is that traumas that take place from even before conception are held within the memory of every cell in the body. These can cause blockages to achieving the best you can be.

The very gentle movements follow the spinal reflex areas on the feet hands and head.

This area is thought to correspond to the time line from preconception to birth.

As this is done you may become aware of energy moving in your body perhaps as tingling or heat. You may feel nothing and that is ok.

Some people report noticing flu like symptoms, tearfulness, tiredness, and or a change in their reaction to a circumstance or a change in eating patterns. These are most likely after a few sessions.

The number of sessions a person has is entirely up to the individual.

- Each sessions last about an hour. This includes 20 minutes on each foot, 5-10 on each hand and finishes on the head.
- It can be done anywhere but is most comfortable on a couch.

The practitioner is not trying to cause or influence any outcome but is merely spending time performing the technique. Indeed the more detached the practitioner is the better his or her technique!

I am looking for volunteers to help me further my study. I need to do 50 sessions!!!

***Give me a call or send an email***

In Autumn of this year I am hoping to be qualified to offer Workstation assessments.

Watch this space!!

All other services carry on as usual with acupressure, aromatherapy massage, indian head massage, hot stone massage, reiki, colour sessions, pilates 121 and relaxation always available.

***For Workshops in pilates, colour, relaxation, or holistic health, see the web site or call me for forthcoming dates.***

Don't forget any of the workshops or massage sessions can be organised for your own group. You can organise a pamper party for your hen night for example

Let us know what you want

Who is interested in what

If you are interested in any of the following:-

- pilates workshops,
- pilates classes
- pilates 121
- postural assessment and pilates based exercise
- relaxation workshops
- colour workshops
- holistic health workshops
- massage
- corporate services
- metamorphic technique

Please let us know

Thank you

Best wishes

Lin

