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## Summer newsletter June 2009

Hello everyone and welcome to the summer issue of my quarterly newsletter.

This summer you will find the newsletter packed with information and tips, and a special summer offer so do have a good look through! As always, if there are particular topics you would like me to include or if you have any suggestions for the newsletter, all comments are very welcome. You can email me at [aboden1053@btinternet.com](mailto:aboden1053@btinternet.com)  
As I do not have everyone's email addresses, some will go out in the post.

### Relaxation classes

2 weekly classes run at Chinley community centre.

**The Tuesday evening** classes runs as 6 weekly courses. So £30.00 per course or £6.00 for a drop in session. The class now runs from 8.00pm until 9.00pm and will include time for questions and the covering of topics requested.

**The Monday morning classes** continue to prove popular and run from 10-11.00am in the community centre with a warm and friendly group.

The relaxation class is a really good way of boosting your energy reserves , and is a great way of boosting your immune system. It is a useful practice to do every day but this can sometimes be difficult so the classes help to give you some time each week for this beneficial practice. It is also a chance to share tips / ask questions about any concerns you may have around areas such as sleep and stress management.

### The third annual Chinley summer fete 18 July 2009

I have a stand at this lovely event, held at the community centre and on the playing fields, Lower Lane, so do come and say hello. I will be available for advice and information and my CDs will be on sale to buy.

### CDs

My CDs are available to buy at my classes or from my practice by

arrangement. Alternatively I can send them to you by post but there will be a £2.00 P&P delivery cost- for first class recorded delivery and safe packing.

Each CD is £10.00

There are five CDs titles in all:

Sleeping Well

Weight Management

Relaxation: Tranquil beach

Relaxation: Tranquil forest

Relaxation: Tranquil garden

### **Tips**

*Each issue I will include a 'tips' section on varying topics.*

**This issue, I will be focusing on tips to uplift and inspire for the summer months:**

In the busy world and times we find ourselves living in, we often forget to appreciate ourselves, those around us and nature itself. So take some time this summer to enjoy the nature around you, the friendships and family you have. Take time- just a few minutes each day to enjoy being in the moment, acknowledge your achievements and the support of those around you. Pace yourself at work and home to get the best out of each day.

As we move into the summer months, traditionally lighter and warmer, it's a really great opportunity to make new friends, renew old friendships and strengthen the bonds and benefits of community acquaintances.

Psychologists have found that the happiest people spend the least amount of time alone- so the wider your social circle the happier you are as you have more resources and support, and a sharing network and surrounding yourself with positive like minded people is very beneficial.

At times, life can seem difficult and often challenging- challenging our self -esteem, confidence, and the optimistic spirit within. But, we can rise to that challenge with the gifts we have, for free. Consider your ability to communicate, to share, and to appreciate and value treasured friendships, acknowledging our differences, tolerating and forgiving mistakes, and celebrating the love that the bond of true friendship brings.

By widening your circle of friends, you are increasing and becoming part of a network of support and warmth. You do not have to be alone in sadness or pain, you do not have to be alone in Joy and happiness- sharing

makes the journey of life more comfortable, enjoyable, and rewarding.

We are social creatures, natural born effective communicators and networkers, so utilising the skills and recourses that you naturally have within you is a very positive way of seeking out support when you need it most and sharing special moments that make you happy.

So, where to begin:

- Actively seek out groups to join within your community
- Acknowledge and appreciate the friendships you already have
- Make some time for renewing old friendships and strengthening new ones
- Seek out the people that inspire and uplift you
- Embrace friendships with compassion and tolerance for differences
- Pick the phone up, make that arrangement to catch up- you never know what you might learn, or gain
- Share a little of your time supporting your friends within the boundaries and acknowledgment that friendship is best travelled along as a two way street.

A simple conversation with a friend can lift your mood, offer new options, choices, ideas and opportunities to increase your individual sense of value and well being, and most of all, increase your levels of happiness. So take some time this summer to widen your friendship circle.

I am happy and available to come and talk about happiness and well being to any group or organisation, to share tips and techniques to add value to every moment of your life.

To seek me out to come and talk about happiness and well being, and, widening friendship circles with my uplifting and empowering happiness talk contact me on **01663 750323** or email me at [aboden1053@btinternet.com](mailto:aboden1053@btinternet.com)

I hope this is helpful and I am more than happy to answer any questions you have.

**Offers:**

I am delighted to be able to tell you about a wonderful diary just reviewed in "Addiction today". This special diary is for anyone recovering from addiction and is a powerful and beautifully detailed aid to keeping on the recovery road- it is packed with inspirational quotes and illustrations from the author. The diary has 52 weekly page spreads, which can start at any time of the year

"I commend it to anyone making the journey from alcohol and drug addiction back to full health" University of Liverpool Honorary lecturer Dr Simon Cocksedge. I have some copies available at my practice to view and purchase by arrangement at £12.95. So if you know of anyone who is making this journey and would benefit from this beautiful and helpful diary please pass on the details or give me a call. The diary can also be purchased online at [www.therecoverydiary.co.uk](http://www.therecoverydiary.co.uk)

### **Time for a top up? A genuine summer offer!**

This is an offer to all my clients past who are thinking of having a well being top up. I am offering a single session during June and July with £10.00 off.

I am also offering £10.00 off for the first session to those who have been recommended when quoting "Annette Boden Summer newsletter" so please do pass on my details to anyone you know who you think would benefit from a session of Hypnotherapy to take advantage of my summer offer. These sessions can be taken at my Chinley practice at a time to suit, or at Sett Valley medical practice on Wednesday afternoons.

### **News**

I am expanding my practice to offer the following:

- **Keynote speaking** for Ladies Luncheon clubs, WI, and other groups- 'The Art of Happiness'; Hypnosis- a brief introduction.
- **Well being one hour workshops/ experiential talks:** Relax well; Sleeping well; Easy weight management.
- **Relaxation Master Class**, which includes positive thinking, self-empowerment mastery and focused visualization for performance enhancement, confidence and goal attainment.
- **Weekly corporate and community relaxation classes**-the ideal way for staff well being to be promoted and enhanced, increasing productivity and reducing sickness/absence levels- 'in house' for your employee convenience- 45 minute lunchtime or after work sessions.

**The bite size one-hour workshops and master classes can be fitted in around:**

- Corporate conferences
- Corporate away days
- Any group event - providing an extra special bonus to the day.

- Bridal showers -providing the opportunity to learn and develop relaxation strategies for the big day and beyond.
- INSET days for teachers

The **Relaxation Master Class** gives delegates an opportunity for absorbing positively all they have learnt through the day. It also increases creativity and energy for further focus on achieving desired results. This very special empowering class brings clarity and a welcome, refreshing accompaniment for any group or corporate event.

Delegates will comfortably learn and experience the art of deep relaxation, a technique that can be put into daily practice after the days event to promote health and well being and increased productivity at work and at home.

For further details /information, and bookings please contact me by phone or email and **please pass on to any company or group you think would enjoy/benefit from my services.**

#### **New website links**

I would like to tell you about the new links I have put on my website. For many years I have been a keen supporter and professional member of **Anxiety Uk** (formerly known as 'The National Phobics Society' - a non-profit making charitable organization that helps those suffering from all anxiety related conditions. I have now put a link on my website. Please do visit the website, and if you are a sufferer then this is a supportive and helpful organization that is well worth joining.

I have also added **Martin Jensen** to my links- many of you will already know Martin and the wonderful classes he runs, form Aerobics to Pilates, but for those of you who don't and would like to know more you can visit Martin's website via the link. I have attended many of Martin's classes for many years and can highly recommend them for fitness and well being.

I hope you have enjoyed my summer newsletter.

Please do let me know if you do not wish to receive further newsletters via post or email and please pass on my details if you know someone who might enjoy/benefit from the newsletters and I will include them in the next letter when I have their details.

**Kindest regards and best wishes for a wonderful and enjoyable healthy and happy summer!**

Annette Boden