



Welcome to the latest newsletter.

Please see the diary dates for workshops and Meditation groups for the autumn/winter 2016.



Live and Recorded Meditations

The Willow Clinic is now offering free meditations online or watts app



If you "Like" our Facebook page <https://www.facebook.com/thewillowclinic/> then you can access these meditations and also lots of other really helpful information on therapies, healthy eating and general well-being.

Not on Facebook? No problem, drop an email to us at: thewillowclinic42@gmail.com and we can send them directly to you.

Also keep an eye on the website
or email us your mobile number for watts app meditations
www.thewillowclinic.com for meditations and updates.



Prime Directive Probiotic Wholefood



Only £29

Available in Gluten free too

This excellent probiotic is available from the Willow Clinic.

Organic Prime Directive is a blend of fermented whole foods.

Each of the organic whole foods in Organic Prime Directive have been carefully grown and individually selected for its powerhouse of nutrients. Nature's wisdom provides naturally occurring vitamins, minerals, amino acids, essential fatty acids, enzymes, anti-oxidants and many other nutrients in these foods.

The whole foods in Organic Prime Directive, through the FloraFerm process, are broken down (pre-digested) by friendly bacteria releasing the nutrients for easier absorption and assimilation. This means you are getting pre-released nutrients, reducing the burden on the digestive tract.

The quality of our diet depends on the nutrient content and the bio availability of the nutrients in the food we eat. As we like to say, you are NOT what you eat, you are what you ABSORB.

Organic Prime Directive does not contain a single man made vitamin, synthetic mineral, chemical filler, binder or extract. It is exactly as nature intended – pure, organic and natural.



Workshops & Group Dates 2016

Friday Morning Groups: 10-11.30am £10

25/11, 9/12, 16/12....2017 dates to follow in next newsletter

Wednesday Evening Groups: 7.30-9pm £10

30/11, 21/12.....more to follow

Thursday mornings 10.30am-12pm and **Thursday evenings** 8pm-9.30pm every week £10

Reiki Master March 2017

The Willow Clinic Treatments and Price List

From September 2015 the following rates will apply to all clients, both new and existing.

Bowen Treatment (Adult) 40 min-1 hour £45

Bowen Treatment (Child) 20-45 min £30

121 Session 45 min-1 hour £45

Card Readings 45-1 hour £45 (phone readings also available)

Aqua Detox 1 hour £45 (packages available upon request)

Ayurvedic Facial Massage 1 hour £45

Treatment Packages: Payable in advance to take advantage of the saving

3 x Treatments: £120 Saving £15

5 x Treatments: £200 Saving £25

7 x Treatments: £260 Saving £55

*Gift Vouchers
Available.*

Payment

Treatments can be paid for by cash, cheque or bank transfer. We ask that all payments are made at the time of your appointment, if paying by transfer we kindly request it is done by the end of the same day as your appointment so we can balance our accounts.
Thank you.

Important Information about your appointment

The Willow Clinic is extremely busy as Sal is in the treatment room she is unable to process any bookings. We respectfully ask that you call the landline number **01483 893976** between 10-2 Monday-Friday to make any changes to an appointment. Sue and Trace are happy to help book you in. Currently appointments are booking from late January with a lengthy cancellations list so please bear this in mind when you book. There is an answer machine which is checked regularly, please do leave a message and we will be able to return your call as soon as possible. Where possible, we ask for **24 hours' notice of a cancellation**. Please do let us know as soon as possible if you cannot attend.

We are now confirming your appointment via email as a reminder to avoid unnecessary missed appointments, however this is a notification service as we cannot cancel, change or make appointments by email or text.

Sal has had a quite a few texts and calls to her private mobile to make or change bookings, however due to a change in the local mast the mobile does not get very good reception and messages are not arriving when sent, if at all. We are also being very bossy with her and trying to make sure Sal has switch off time with her family from 6pm. We are very grateful for your understanding in all arranging of appointments.

Warm Wishes

Trace.

Parking Request

We kindly request that all clients park considerately.

New Road can get busy and with clients arriving and leaving on the hour we respectfully ask that you avoid parking outside No 44. You can usually park right outside no 42 without an issue.

NUTRITIONAL SUPPLEMENTS MADE FROM REAL FOOD

NUTRITION THE WAY YOUR BODY WANTS IT

As a complementary therapist is in my nature to assist you in meeting your goals for a greater well-being, so I've been doing my research and I found a line of nutritional supplements that (after trying them myself) I can highly recommend.

Why? First of all, if we want to be healthy we need to look twice what we are putting in our bodies, are we taking all the nutrients that we need from our food? Are we following a balanced diet? In most cases the answer is no, so then, we need to be aware that deficient nutritional habits will make us more vulnerable to illnesses and our energy levels will drop.

What I am offering is a simple way to keep yourself healthy, energised and feeling better. There is a lot of scientific stuff behind this products, glyconutrients, phytonutrients, etc if you want to know more about it let me know and I'll come to have a chat or I'll send you the information.

These are just a few products, for a full list or a specific need please get in touch with me, I'll be glad to talk about it with you.



MannaBears® (£21.10)

An ideal snack to help children stay healthy



ImmunoSTART® (£32.00)

Help prime your immune system



Phyt•Aloe® (£30.25)

The goodness of 12 dehydrated sourced raw fruits and vegetables



PhytoMatrix® (£35.50)

Nourish your body with naturally vitamins and minerals

theredlotusguildford@gmail.com

Phone: 07964666962

Kate Napier

Walking in Spirit



We mostly live out lives in a more or less generalised space, 'doing' much of the time, 'being' less than is good for us. Occasionally though there are occasions which we feel the need to notice more fully, to celebrate, to respect. Too often these also can pass in a similar state of doing.

We know instinctively that there is something special about welcoming a baby, sending a child out on her own for the first time to nursery, playgroup, school, university, recognising that this boy is entering his manhood, witnessing the choice of two people to commit themselves to each other, understanding that this woman is dying, saying farewell to this man who has died. We sense, too, that there is something special about that place where help is needed, where mind, soul, body is troubled, and where deep companionship on the journey to understanding brings people together. The world generally is not, however, geared to giving that knowledge of specialness the space it needs to be fully acknowledged.

Time was when religion would have done the work, and of course for many it still does. But for many others, and for many reasons, it isn't an option. Then partying becomes a substitute for celebration, or a default suggestion by a funeral director is just accepted, or the instinctive impulse towards dedication is let go with maybe a sigh of regret.

My work, as an ordained OneSpirit interfaith minister, is to help people honour these times, to recognise the sacredness, to craft moments of time out of the generalities in which to feel into the presence of the Divine, the Beloved, Love, God - however that power which is beyond, between, within us is perceived - as available and present and at work in our journeying. If you have no religious tradition or have travelled away from it, if that tradition has let you down, if you are with someone whose tradition is different from yours, there is still a way to hold sacred that which matters to you.

There is great freedom and richness in the ability to pause, to breathe into the sense that would have us celebrate, and to recognise that this sense is asking us to do more than spend, arrange, cook, bake, travel, spend some more. There is an invitation here to choose, to see past the general into the special, to recognise the sacredness that is simply waiting to be noticed. Whether the occasion is small or large, intensely personal or to be largely witnessed, I can help you to discover your understanding of what it is for you, what it means to you, what you want to learn, do or say, what you want to have seen or heard. Together we can journey in search of your innate wholeness through the forest of confusion. Together we can craft a ritual of opening or closing a stage in your life. Together we can develop a ceremony of welcome, joining or farewell.

We can't make sacred space, we can only destroy it.

Among the root meanings of 'sacred' are 'set apart', 'dedicated'. We are surrounded by sacred space. All it takes to find ourselves in that space is recognition. All recognition takes is time: time to listen to what is present, to what is waiting, and to what we need to activate the sacred into our lives.

WHAT'S NEW AT THE WILLOW CLINIC?.....

Homeopathy and You

Homeopathy is a holistic system of medicine that takes into account your personality, thoughts and feelings. It looks at how your body and mind respond to stress and general day to day living. A remedy is matched to your personal situation and ailment by a process of conversation and understanding of you as an individual.

Homeopathy can be used to treat many complaints including Anxiety, Migraine / Headaches, Fears & Phobias, Stress, Eczema, Asthma and Childhood Illnesses, Depression, Irritable Bowel, Low Self-Esteem, Menopause and Hormonal conditions, and much more.

Homeopathy is suitable for young, and old, remedies can be safely taken in conjunction with medication prescribed by your GP. Homeopathy is a complementary medicine and can be helpful with side effects from conventional treatments.

For more info visit <https://tracywhite.co.uk/>



Tracy White SDSHom

07900 562882

inspiredhomeopathy@gmail.com

Homeopathic First Aid Course. At the Willow Clinic

11th February 2017 10am-3pm £75 per person.

Includes an 18 remedy Helios First Aid Kit and Manual
more info will follow.

Fully Qualified & Insured.



Hi fellow healers!

For those of you who don't know me I am Kim aka Gatekeeper in Sal's Thursday morning meditation group. I am a reiki master and now run classes on using essential oils to promote wellness and happiness.

If you have never experienced DoTERRA ("Gift Of The Earth") essential oils you are in for a treat! Come to one of my fun, informal, interactive classes and find out more. I can also arrange one to one oils consultations or do a class in your own home. You won't look back! Sal loves them and if that isn't an endorsement I don't know what is!

Look forward to seeing you there.

Kim Hale

Super Connect



Super Connect is here to Inspire and to create change through self empowerment. `

We seek and guide each person towards an awareness of their own super conscious power and to use this to bring about healing on all levels of their being.

Super Connect is a love based system, which helps you communicate with your Super Conscious mind - helping you to become more aware of the real meaning of who you are, and to better understand and respect the nature of your Soul.

Super Connect is a dowsing system working with Charts to assist you to reach goals and clear or remove fear based limitations. Many areas can be addressed including relationships, family, partnerships, loneliness, self-esteem/self-confidence and finding joy and purpose in life. By transmuting fear based feelings, removing blocks and downloading love based feelings, your life may be improved, helping you to solve challenges and understand your life path with greater clarity.

Family Tree, Inner Child, Chakras, Past Lives, Talents, Soul Energies and many other areas may be worked through. The work can either be done face to face or distantly.

For further information please contact
Jen at
jennyhokmail@gmail.com

Useful Links & Fab Services Offered

www.yuniont.com

Perfect White T-Shirt Collection

Sarah's Nails - Mobile nail technician offering Shellac and Vinalux nails in the comfort of your own home – 07712 107391

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REFLEXOLOGY, MASSAGE & TOUCH FOR HEALTH APPOINTMENTS

Reflexology with our resident Reflexologist Vicky.

For appointments please contact Vicky on 07816 749539



Massage with Sandra

Contact: 07964 666962

She can treat you at your house or at
The Willow Clinic

Touch for Health with Emily

emily@transformtherapies.com

07867 557320

