



Amitayus
Wellbeing

Amitayus Wellbeing Winter Newsletter



REIKI TRAINING



We are offering a range of Reiki Courses this year. If you want to do something life changing then join our Level 1 Reiki Training. The first stage is an introduction where you will learn about meditation, the history of Reiki and the guiding principles of Reiki.

The second stage is the Level 1 attunement. On this day you will learn how to heal yourself and will be given the opportunity to practise on each other.

We still have places left on our training date on Saturday 7th February.

Dear ,

Are you fed up of the winter blues? Are you feeling sluggish from all that xmas over indulgence? Then why not try a detox programme, and kick start your body ready for Spring.

We have lots of exciting products and treatments to help you achieve and maintain your goals.

Treatments to help you with your Detox:

Massage treatments

These help the lymphatic system to remove toxins. Why not try a Detox Aromatherapy Massage £25.00 (available with Karen).

Facial Treatments

While you detox you need to keep your face looking fresh and healthy. A deep cleansing facial will remove impurities, while an accupressure facial massage will help with the lymphatic drainage from your face, helping you look and feel more youthful. Try our mini-facial for just £19.95.

For more information
visit our website
[www.amitayus-
wellbeing.co.uk/training](http://www.amitayus-wellbeing.co.uk/training).
Or pop by the centre and
pick up a brochure and
an application form.

Free Meditation Lesson



If you want to start 2009
with a positive mental
attitude and reduce your
stress levels then join
our Tuesday Meditation
group. We meet from
7pm til 8.15pm.

Price: £4.50 per lesson.

Receive your first lesson
for FREE!

New Treatment Packages from Amitayus



Is one hour just never
enough?
Do you want to stay a
little longer?
We have
created some new
combination packages
that last between 1hr



There are several supplements that support your body while you detox.

Aloe Vera - cleanser for the intestinal tract, can be taken
as a capsule or juice. Aloe Vera Capsules £2.99.

Acidophilus - Friendly bacteria which help to boost your
immune system during the detox process. (Quest
Vitamins, £6.50 45 caps).

Echinacea - enhances immune activity and cleanses the
blood. (Viridian 30 caps £6.90)

Green Tea - a potent anti-oxidant which helps prevent
cellular damage by scavenging oxygen free radicals.
(Viridian 30 caps £6.20).

Kyolic Garlic - helps in the removal of heavy metals from
the liver. Natural anti-oxidant.
(Quest Vitamins 60caps £4.70)

It is important to increase your fibre intake while detoxing.
We now stock a range of organic wholefoods to help you
cleanse your system. Nuts, seeds, pulses and wholegrains
will all assist in the elimination process.

Try eating more foods that are rich in carotenoids
especially beta carotene which helps with new cell
formation. Foods rich in these include tomatoes, peaches,
cherries, carrots and broccoli.

The detox process can take between several weeks and
several months depending on your lifestyle. The
benefits of a detox programme can be weight loss, a
reduction in blood pressure and harmful blood fats.
Increased energy and improved immunity.

Before starting a detox programme it is advisable to speak
to your doctor.

Our recommended reading is 'The Total Detox Plan' by Dr
Sarah Brewer, published by Carlton Books. Priced £12.99.

30mins and 2hours.

Holistic Facial & Reflexology

2hrs.
£55.00.

Luxury Reflexology

(includes holistic pedicure)
2hrs
£50.00

Aromatherapy Back Massage & Reiki

1.5hrs
£35.00

Treatment time includes
consultation time.

Are you on FACE BOOK ?

**Why not join our
Amitayus Wellbeing
Facebook Group.**

**You can meet like minded
people, post questions
and join in on
discussions.**

NEW COUNSELLING SERVICE

From Thursday 12th February Amitayus Wellbeing will be offering a low-cost counselling service. We are being joined by Alex Buchan, who has been studying to be a counsellor with the Amida Trust.

Having completed all of his theoretical studies Alex is in the process of completing his practical hours which are a requirement for the completion of the course and for acceptance in to the British Association of Counselling and Psychotherapy.

Alex will be with us for the next 12 months and will be available on Thursdays from 4pm til 8pm. The sessions cost £15.00 per hour. Normally counselling costs between £30-£40 per hour and our low price obviously reflects the fact that Alex has not qualified. That said he is and excellent counsellor and has a wide variety of experience which he brings to the role.



So if you are finding that life is getting on top of you and you need someone to talk to then counselling might be for you. Counselling can help you resolve many problems and can help you to deal with bereavement, separation, depression, ill-health, and much more.

Organic Foods Now Available at Amitayus.



We have listened to the needs of our customers and we are delighted to announce that we now stock a new range of wholefoods, many of which are organic. We also cater for special diets and have in stock Rice Flour, Rye breads and Rice Pasta. Other products include organic pulses, nuts and seeds, organic cordials and much more. If you would like to suggest some products to add to our range feel free to drop us a line.

I hope that you have enjoyed this newsletter. You can find more news and the latest information on our services on our website. If you have any views or comments on what we offer please do contact me. I look forward to seeing you at Amitayus Wellbeing again soon.