

Autumn Health Festival, 24th - 26th September 2010

Three days packed full of free activities and treatments at Taurus Crafts, Lydney, GL15 6BU

A full program of free workshops, taster sessions, health and lifestyle advice, interactive seminars and demonstrations will run from 11am – 5.30pm Friday 24th – Sunday 26th September, at Taurus Crafts, Lydney.

Shiatsu practitioners from Gloucestershire, Monmouthshire and the Forest of Dean will be facilitating all activities free of charge, to raise awareness of this unique and inspiring therapy, celebrating European Shiatsu week.

Manage stress, relieve pain and muscular tension, sleep soundly, eat the right foods, learn simple Shiatsu routines and transform past patterns into a positive future are topics that will be explored to help benefit healthy lifestyles. This is a fantastic opportunity to discover a healthier way of living, to take some time out for yourself and receive some Shiatsu, and to learn to give simple Shiatsu to friends and family.

Taurus Crafts is an uplifting and imaginative setting which brings together fine arts, handmade crafts and wholesome foods. With a beautiful garden and comfortable cafe it is a relaxing and rejuvenating place to visit, whether you want to shop, take part in activities or simply sit and soak in the atmosphere.

Taurus Crafts are delighted to be able to host this event and promote healthy lifestyles and complementary treatments. *“This fits in so well with what Taurus stands for – healthy living - and we hope to attract a lot of people to our site. Naia has put together a great program for the three days, and the staff are already looking forward to the taster sessions!”*

(Tom Haverly, Marketing and Events Manager, Taurus Crafts)

Event organiser, Naia Granero has been practicing Shiatsu for twelve years and is a trained counsellor. Naia facilitates workshops and courses on Shiatsu, intuitive movement and contact improvisation in addition to her private Shiatsu and self development practice in Chepstow and Bristol, *“The true power of Shiatsu does more than support the body, Shiatsu connects to your deepest truth with presence and unconditional acceptance; it has the potential to help you transform your life”*. (Naia Granero DS).

Practitioners attending this event include Naia Granero, Jane Prescott, David Perez, Katherine Townsend, Jo Hofman and Sarah Holder.

For the full program and more information about Shiatsu and the practitioners supporting this event see contacts below:

Further Information

www.shiatsu-ng.co.uk,

www.tauruscrafts.co.uk

www.shiatusociety.org

Naia Granero - 01291 641 663

Taurus Crafts - 01594 844 841