

What's going on @ Positive Living

Summer 2010



Positive Living Company
22 High Street
Midsomer Norton
Nr Bath
BA3 2DR

Tel: 01761 411043

www.positiveliving.co.uk

Treatments Hours
Monday 11am –3pm
Tuesday 9am- 9pm
Wednesday 9pm-9pm
Thursday 9pm-9pm
Friday 9pm –7.30 pm
Saturday 9pm-5pm

Reception Opening Hours
Tuesday 9am-5pm
Wednesday 9am-5pm
Thursday 9am-5pm
Friday 9am-5pm
Saturday 9am – 1pm

Rest is not idleness, and to lie sometimes on the grass on a summers day, listening to the gentle murmur of water, or watching the clouds float across the sky, is hardly a waste of time.

– John Lubbock

Where have our designer Eco bags been seen?

Walt Disney and Minney Mouse were very impressed with our Bag and wanted to know where they could get one!!



In June and July on a Tuesday - Receive a free loyalty card stamp with every treatment over £30.00, (get a stamp when spending £30 + 1 free stamp).

Relax on a Wednesday with a Back, Neck and Shoulder and Mini Facial Combo £30.00 During August and September.

Myalgic Encephalopathy and the Bowen Technique

Case Study by Jennie Tylee

I have recently been treating a 17-year-old boy who has suffered from ME for two and half years following Glandular Fever. On the first session he (S) arrived with his mother and they discussed how his quality of life had deteriorated. He was always aching, tired and unable to lift himself out of bed without the help of his parents and suffered migraines on a daily basis. He had tried a variety of therapies including physio and chiropractor, but nothing had had lasting effects.

After one treatment S showed a significant increase in energy levels. He lifted himself out of bed twice that week without help, the first time in two and half years! He described his muscles as feeling stronger and came to his second treatment feeling more positive.

These improvements continued during the 2nd week with S feeling that he had more control of and less pain in his muscles.

The week following the 3rd treatment S had got himself from bed 5 times by himself, had a migraine free week and was able to play an hour of football with friends.

S has had 5 treatments now and although he is not completely pain free his quality of life has much improved and he feels more independent.



DID YOU KNOW?
A WARM FOOT BATH
DRAWS BLOOD AWAY
FROM THE BRAIN,
HELPING YOU FEEL SLEEPY.

A good snooze beckons!

New to Positive Living from the 1st July, with Ann, Alex and Sarah, the Lava Shells Body Massage. The world's first naturally self heating massage tool, Lava Shells with all the benefits of Hot Stones, is a truly amazing and eco friendly experience. A full body Lava shell massage can last for between 60 and 90 minutes delivering continual heat and no loss of contact with the client. The shells are worked over your pressure points and areas of tension to ease away stress and encourage energy flow. It can help with IBS and pre menstrual cramps; helps strengthen the pelvic floor and flatten the stomach. The Tiger Clam shells come from the Philippines and some of the proceeds go towards setting up an orphanage there. Ask at reception for more details on this exciting new massage.

Members Only Offers

*June
2010*

Relax with a Deep Conditioning Pedicure and Express Manicure combo for the special price of £30.00



Members only
T & C Apply

*July
2010*

Chill out with a back neck and shoulder Massage and free back of leg Massage.

£22.00



Members only
T & C Apply

*August
2010*

Book any treatment during August. And receive a free Tumble stone.



Members only
T & C Apply

Thai Thursday Herbal Compress Massage Special Offers. An aromatic treatment with a taste of the exotic! Two treatments for £80.00 saving £28.00 (Full Payment must be made at 1st appointment) or a Full Body Massage and Facial Combo For £65.00. Saving £19.00 see offers on website

*Watch out for up and coming offers on our Web site:
www.positiveliving.co.uk*

We are the



here to help you live positively!

We thought some of you may be interested in the following:



where heart-work replaces hard-work

13 Spiritual Masters, One Critical Message...

“How to Live Your Life With Purpose”

Were you at *Community Soul's* Spirited Living Summit? More than two thousand people were, **learning about living life on purpose, as 13 of the best visionaries available revealed the secrets.** If for some reason you didn't hear about it, there is no need for you to miss out on the exciting, life changing experience, which received over 400 messages from people helped by the [Spirited Living Summit!](#)

Well, that's the event our friends over at *Community Soul* have just put together.

They've arranged an amazing line up of visionaries “best selling authors, coaches to Celebrities and royalty, and expert speakers who tour the world sharing their amazing knowledge on life. The Spirited Living Summit is a series of interviews and master-classes where you'll be getting inside the minds and philosophies of a dozen leading visionaries and spiritual philosophers... The Spirited Living Summit can easily change, turnaround or transform your life. Would you like that?

Join a group of acclaimed visionaries as they reveal ancient's secret for living a happy life with real purpose.

Quickly learn how you can take what you love doing and turn it into the main thing for the rest of our life (if you had the chance to do your favourite passion daily... would your life have more purpose?) During this series that's exactly what you learn

- Discover how to very quickly become more equipped for a happier much more successful life after discovering our own *Sixth Sensory Tool Kit*
- Super-Tips proven to turbo-charge every single day of your week for your own enhanced performance, daily, weekly... in fact for the rest of your life!
- Finally revealed... ancient secrets guaranteed to take you from where you are now and put you exactly where you want to be at light speed (listen and apply, then watch in awe as your life becomes transformed like never before)
- How to make progress with certainty, when what you feel most is frustrated & lost
- Learn the simple steps to create what you want in your life and avoid what you don't want
- Quickly tap into your own inner health store for longer, better and stronger health
- How to apply 3 key behavioural secrets for vitality and healthy living
- How to let go of painful pasts and experiences so you can improve your life in the power of now
- How to be aware of your own life changing moment of shift and discover what it actually means for you
- The best way to maximize food for a more spiritual life
- How to raise kind, compassionate, genius like children and show them how to live a confident, creative and rewarding life

REGISTRATION IS FREE AND EASY: Register now by following this link [Spirited Living Summit](#)