

Family MANX



The What's On and Services Guide for ALL who live on the Isle of Man

ISSUE 59 | FREE

MARCH – APRIL 2017

www.familymanx.co.im

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Please contact Miss Katrina

629690

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Governors Hill, Douglas

Daffodils and Snowdrops abound

and Spring is approaching. I love this time of year ...new beginnings and lots to do. Family Manx approaches the end of it's 10th year in existence and there is SO much inside to read about and to take part in. Take a skeet and read about the many activities you can partake in ...and enjoy as we approach this season of growth with a feeling that the world is changing.

Sit with a steaming cup of something you fancy and Remember that this magazine is for YOU!!



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**ALSO CONTAINING FIT-HEALTH
SUPPLEMENT PAGES 8-10**



NEWS



NEWS

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Mel, (my amazing designer) and I, often muse on the journey she and I have taken with this magazine. Life has thrown so many things at us as we have travelled through the 10 years that we have worked together and more and more we see the changes in how people communicate and discover the world around them. As 2017 moves through the path that it will take – Family Manx will be evolving with more presence on the web ... with the magazine still rolling along with the times ...but with advertisers feeling the benefits (we hope) of being online with us. Watch this space and if you want to become involved with the magazine more – give me a bell on 225577 ...or email me at editor@familymanx.co.im.

I look forward to hearing from you. Best wishes as always and Hee'moo.
Amy x (Editor and Proprietor).

**MAGUIRE
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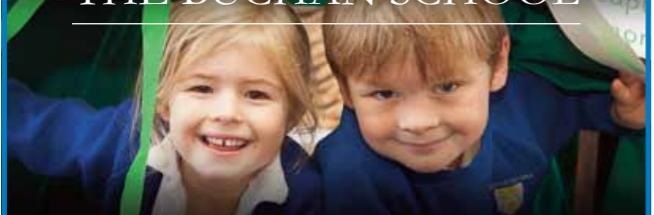
Faulty Wire? Ring Maguire!

When a tradesperson is needed - it is, oftentimes, hard to find someone whom you can rely on. Dermot Maguire is an Electrician who is proud of the work he does and who, just this month, has launched Maguire Electrical Services Ltd.

With over 30 years of experience in the trade; Part P registered and with his 17th Edition Certification – Dermot is vastly experienced in the world of domestic and commercial electrics, with 13 years of his career spent as Chief Electrician of Madame Tussauds (London) and 10 years here with a local firm.

His tag line is 'Faulty Wire? Ring Maguire!' and so If you need a reliable and knowledgeable electrician - just give him a call on 877909 or 409982 or message him on Facebook.

THE BUCHAN SCHOOL



What makes the Buchan so special?

To find out register for our
RECEPTION CLASS TASTER DAY

Wednesday 29th March

For children due to start school in September 2017
or come to our

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Bank Holiday Monday 1st May at 10am
RSVP admissions@kwc.im or call 820110

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Established in 2009 by well-respected locally-based Musician **Jon Sanders**, the **Academy of Quality Music Tuition** caters for **ALL** skill levels... ranging from absolute beginner to professional standard!

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“Education is the most powerful weapon which you can use to change the world”
Nelson Mandela

**Family
MANX**

SPRING CLEAN

Are you holding onto unnecessary financial records and hoarding every receipt from time immemorial?

Alternatively, with internet banking you may not even have paper bank statements, and if you use a cloud based accounting system then you may be well on the way to being that most elusive of things – a paperless office!

But what for those poor souls still carefully keeping safe every financial record to have ever crossed their path?

To help you spring clean out your paperwork, the general rules for keeping paperwork are listed below:

- Six years for VAT records (ten if using VAT MOSS service)
- Six years for company records
- Five years for personal tax information

So if you keep records for seven years you will have complied, but be aware of MOSS rules above and due diligence documents are subject to different rules.

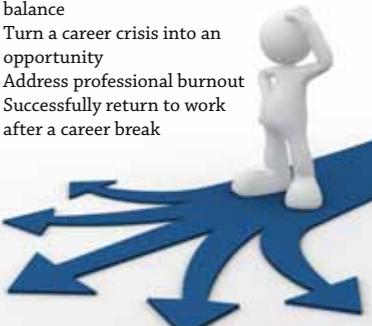
If you have any queries regarding a tax, accounting or business matters please contact Pauline at Greenwave Accountants on 838434, greenwave.im or find us on Facebook.



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w. www.thecoachdoc.com 

Are you looking for a sociable way to get fit, have fun and meet new people?

Then why not try Netball? There is something for everyone regardless of age or ability.

Netball Now could be for you. There's no commitment, you can just turn up and play and it's a great way to get fit and meet new people!! In fact, it has proved so popular, that we have recently started to run mixed sessions as well.

And don't worry if you haven't played "since 1972" like some of our ladies and gents. You could give Walking Netball a go, a slowed down version of the game and a great way to get back into netball after having a baby, suffering an injury or if you haven't played for a long time.

For more information about times and venues, see listings under Netball.

Alzheimer's Society supports the 1,300 people

affected by dementia on the Isle of Man in various ways.

We have support workers working in many different areas around the island. We work with the Older Person's Mental Health Service, supporting people during the period immediately after receiving a diagnosis, we are in Noble's Hospital on the wards, departments, outpatients and A&E and we are in the community helping people to live and remain in their own homes. We run a befriending service, which provides companionship and friendship to people affected by dementia, as well as singing and reminiscence groups in all areas of the island.



All of these services need the support and commitment of local volunteers, who give as much time as they're able, visiting, encouraging, helping, befriending and facilitating all of our services.

Volunteering can be challenging, but it is always rewarding and fulfilling and we can always find a place for you.

Call 613181 to chat about how you can help to make a difference.

Are you sitting comfortably?

We all know about chairs, you may even have one or two favourites. All chairs give you some support, but it is wise to think about the following questions as you may find you need to look at specialist seating.

- Do you need extra support?
- Do you sit in the same chair for long periods?

- Do you find it difficult to sit down or get up?

If it's difficult to sit down and stand up, you may need someone to help you all day (or you may end up in the same chair all day). Or if you can't get comfortable, you may end up staying in bed. Some people even find they can no longer stay in their own home.

Getting the right chair can help keep you independent. Rise Recline chairs come in a variety of shapes and sizes so it's really important that you find the right chair for your needs. Do carry out some research perhaps with relatives and speak to a healthcare professional if you are still not sure.

Just Care Products have experienced client advisors who can talk through your needs. For further information call 627177.



Within these pages is a small selection of the VAST list we have on our website
www.familymanx.co.im

The list is downloadable and free – so go grab a copy. This is a small selection as the full list would fill two magazines! Where possible the information is verified but things DO change so please ring to verify details. If you know of other groups or clubs that would like to be listed (normally for free), just email Amy at editor@familymanx.co.im

A small fee is payable for listings if the classes are fee paying (other than if nominal fees to cover rent etc).

OVER 50'S COFFEE MORNINGS AND SOCIAL GATHERINGS ISLAND-WIDE

Castletown Civic Centre
Castletown + District Over 60's Club
Coffee Mornings
 Time: 10 – 11.30am Cost £1 inc Refreshments
Castletown + District Over 60's Club
Afternoon Teas
 Time: 2 – 3.30pm Cost: £1.50 inc Scones/Refreshments

Guild Room, Atholl Street, Peel

The Thursday Fellowship

Thursdays 2.15 pm from Oct - Easter
 Speakers, quizzes, DVDs and Bingo
 Our aim is fellowship and fun!
 All welcome

Contact: Heather Horsburgh 842451

Morton Hall, Church Ave, Onchan

Onchan Ladies Club

1st Weds in the month at 2.15pm
 Call 620352



Popcorn Mann offer a unique style of vending machine that cooks, freshly, each portion of popcorn when needed, in just 80 seconds – using the healthiest recognised method of cooking, "hot air", eliminating the need for oils or microwave energy.

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Try for yourself at NSC & Southern Swimming Pools.

Contact us for more details: f- Popcorn Mann
 E: Popcornmann@manx.net Tel 07624-461747

Onchan Pensioners' Social Club,

Tuesdays and Thursdays 10.30am
 All Welcome.

Football Club, Glen Road, Laxey

Laxey Coffee and Chat

Thursdays 10 – 12 (Term-time only)
 Contact: Janet 431706

Fresh filter coffee and home made cakes. All welcome.
 Donations welcome.

Willaston Methodist Church, Barrule Rd

Weekly Drop In Centre

Fridays 10am-noon.
 All Welcome.

Onchan Methodist Church Lounge,

(Opp Commissioners' office),
Drop-In Coffee and chat, Fridays 10.30am-noon.
 All Welcome.

Grace Baptist Church, Market St, Peel

Sunset Cityzens
 A Friendly Natter, guest speakers, tea/coffee. A 'get-together' for mid-lifers, OAPS, On the Hill – Over the Hill – Top of the Slopers

Anyone with a free afternoon. Pop along 1.30 – 3pm on Fridays.

St. Michaels Hall, Main Road, Kirk Michael.

The Thursday Club,

1st and 3rd Thursday of the

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HANDY GADGETS FOR TRAVELLING WITH YOUNG CHILDREN



We all know how stressful and nerve-wracking it can be to travel with young children, especially to keep them entertained, happy and safe. You'll be relieved to know that the team at Escape the Rock have put together some handy gadget ideas for parents.

Flying Long Haul

Flying Long Haul with young children? Our new favourite gadget is the Fly-Tot Pillow a handy inflatable airplane cushion that allows your little ones to lay flat on their airplane seat. The pillow is fitted in the space between the gap in the seats giving your kids more space to stretch out.

Car Journeys

Travelling in the car? Checkout PetPak, a kids travel all-in-one backpack that comes in the shape of an elephant, lion or panda. This is a combined laptray, pillow and blanket so no more messy spills and the kids have space to rest their tablets, books and games. Audio CDs of their favourite stories are great for the car, checkout the "Are we nearly there yet" CD collection read by TV personalities such as Justin Fletcher (aka Mr Tumble) and David Tennant.

At the Airport

The Trunki ride on suitcase is always handy to lug the kids around the airport terminal but for those creative little ones we love the Ben-Bat GoVinci Trolley on wheels. This suitcase has a wipe-clean picture frame on the front for your kids to draw and doodle.

Boredom Busters

Tablets or portable DVD players loaded with your kids favourite films and TV shows are a great boredom buster. To keep the noise down check out CozyPhones kids headphones that come in a comfortable soft fleece animal shaped headband. These are ideal if your kids hate inner earbuds or bulky over-ear headphones that don't fit properly.

Finally for travel games you can't beat the doodle sketch board or travel AquaDoodle, Hungry Hippos Grab and Go game, Bunchems On the Go easel, or classics like travel Guess Who, Connect 4 and Snakes and Ladders for all the family to enjoy.

Escape the Rock

For links on where to buy, more handy travel gadget ideas and holiday deals from the Isle of Man check out the Escape the Rock blog at www.escapetherock.im



Make nature trails even more fun with 4G!

Spring is the ideal time for family days out discovering the eight Manx Wildlife Trust nature reserves which are open to the public. They're ideal for spending quality time with children or grandchildren, and for youngsters to learn about the Island's flora and fauna whilst having fun in the countryside.

You could discover more about Ramsey Forest, a project run by the Trust to create the Isle of Man's first forest by expanding and linking the glens, plantations and woodlands between Ramsey and Sulby. While you're in the area you could also walk the Eco Active Trail and check out its fantastic Maze and its 'Snail Fort' which are the first two features of what should become the largest and best play-trail on the Island. Work on the trail began in October 2016 and the Trust has more exciting plans for the project over the next few years.

All of the nature reserves are perfect for insect spotting and birdwatching, or for capturing stunning photos and videos of wildlife, wild flowers and landscapes. For most families, part of the fun on days out in the countryside is sharing these experiences with friends and relatives via social media. Thanks to Manx Telecom's 4G mobile broadband network which has 99% population coverage, you don't have to wait until you get home to upload your photos and videos. Uploading to Facebook, Instagram or other social media channels is superfast with 4G – you could even choose to share your nature reserve visit as it happens via Facebook Live or Periscope! There are also some great educational and fun apps to use on nature trails, such as Tree ID from the UK's Woodland Trust (available from the App Store and Google Play).

As the Isle of Man's leading conservation charity, the Trust relies heavily on fundraising initiatives and donations to support its work. As Manx Telecom is passionate about supporting the community through charitable initiatives and sponsorship of local projects, the company recently joined Manx Wildlife Trust's Corporate Member Scheme as a Gold Investor in Wildlife. In recent years the Trust has also received grants from Manx Telecom's It's Our Community scheme.

For more information about the Manx Wildlife Trust and Manx Telecom 4G go to www.manxwt.org.uk/ and www.manxtelecom.com/4g



Photos courtesy of Manx Wildlife Trust, The Snail Fort overlooking Ramsey.



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www.justcareproducts.co.uk

BOOK CLUBS FOR ADULTS & CHILDREN'S ACTIVITIES IN LIBRARIES

Erin Arts Centre Book Club
First Weds of each month at 1.30pm Free to Join.
Call EAC 832662

Henry Bloom Noble Library, 10-12 Victoria Street Storytime for Preschoolers
Thursdays 10-10.30am
Monthly Adult Readers Group
3rd Tues of each month 7.30pm
Contact: Jan Macartney 696461



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- Sewing/Embroidery Machines

Gift Vouchers!



5b/6b Village Walk Onchan Tel: 626009
Email: joans_wools_crafts@manx.net
www.facebook.com/joanswoolsandcrafts

If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

Family Library, Westmoreland Road Storybox

Friday 10.30 - 11.00 Free

TeddyTime

Thursdays 2 - 2.45pm Free

Sticky Finger Craft

6 years olds and over
Saturdays 10.30 - 12pm

Book to avoid disappointment
Cost: £2

Contact 640650

CARD GAMES

(Bridge, Whist and so on)

Go to www.familymanx.co.im for details

BREW WITH A BOBBY AND SOCIAL WORKER SESSIONS

Onchan Library "Story Tots"
Stories, rhymes & colouring for pre-schoolers and their parents / carers

Tuesdays 2.30 - 3 p.m.

Book Group
1st Thursday of each month at 6.p.m.

Contact 621228 or onchan.library@onchan.org.im

Ramsey Town Library Story Time

Tuesdays 9.30 – 10am & Saturdays 11 – 11.30am

Age: Preschool/Reception
Free with pictures to take home and colour.

Parents/Carers MUST attend with their child.

These events are an opportunity for local people to get to know the professionals within their local area. Free Refreshments.

'Let's talk about issues over a brew'

Western Session:
1st Friday of the Month

10am – 12 Noon

Westlands Lounge, Peel Southern Session:
Last Friday of the Month

10am – 12 noon

Community Room, Reayrt y Chrink, Port Erin.

COMPUTER CLUBS

There are a wealth of Computer Clubs on the Island. Go to www.familymanx.co.im to see the full listing.

DANCE CLASSES

For the full list go to www.familymanx.co.im

Madhatters Dance and Theatre Academy
Mannanan House, Castletown.

Ballet, Tap, Theatrecraft and Musical Theatre.

Teaching aged 3 and above. Classes are run on Monday, Thursday and Saturday

Contact: Helen Terry 472732 or email madhatters@manx.net

Tregellis House, Westmoreland Rd, Douglas.

Move It Dance Classes

Classes every night of the week plus weekends.

All Ages and Abilities

Call 615989 or email dance@moveit.im www.moveit.im

St Johns Methodist Hall, St Johns.

St Johns Good Friends Tea Dances

Sequence Dancing with live music from Eric Kelly and Jim Maddocks. Dancing, Afternoon tea and Friendship Wednesdays 2 – 4.30pm Cost £3.00

Contact: E Kelly on 842548

St Andrews Church, Glencutcherly Rd, Douglas

Arabic Dance Classes – All Abilities

Weds 7.30 – 9pm. £6 per class.

All the classes work on different aspects of Arabic (Belly) Dancing and are suitable for all women no matter shape or size.

Call 210200 or visit www.hediva.org.uk

FAITH MEETINGS AND PRAYER – GENERAL

Eastcliffe Resource Centre, Victoria Road, Douglas.

Isle of Man Religious Society of Friends (Quakers)

For a silent hour of worship. 10.30am every Sunday

Contact Michael quakerfriends@manx.net 463126

St John's Mill, Mill Rd, St Johns

Free lending library & reading room,

with faith-related books and dvds for all Mon - Fri, check for availability.

Duty Manager: 802900. www.stjohnsmill.com

Daily Prayer

Daily 9.30am. All Welcome.

Healing Services

Monthly. All Welcome

For details call David Roberts 629683

Island Spirituality Network

Monthly Saturday meetings.

All Welcome

For details call David Roberts 629683

www.islandspiritualitynetwork.org

LANGUAGE GROUPS AND SOCIAL GATHERINGS

Top Hall, Promenade Methodist Church, Douglas

Café Lingo (Isle of Man) (NEW)

If English is your second language – come converse and learn English in a relaxed, friendly atmosphere.

Time: 10.30 – 11.30am

Cost: Lesson, tea, coffee, cake and biscuits - all FREE.

Contact: Karen Norton 458340

MEDITATION, SELF AWARENESS AND SELF-DEVELOPMENT

Monthly Mindfulness

Meditation Classes In Douglas and Peel

All welcome - all levels of experience including beginners.

Cost: £5 donation for Room Hire costs

Contact Mike for more information 376856 mike@myfreemind.org

Check out www.myfreemind.org for times and locations.

COURSES

Spring Mindfulness Day-Retreat

Join Mindfulness Teacher Mike Kewley for this special day of silent sitting and walking

Email us at editor@familymanx.co.im, call on 01624 877909 / 07624 225577 (m) or write to us at: My Time 51 Broogh Wyllin, Kirk Michael, Isle of Man IM6 1HU

meditation to discover your own depths of stillness, insight and wisdom. Held at The Institute in Laxey, this is an ideal and supportive environment to nourish both your practice and your wellbeing. All levels welcome, full instruction given.

Date: Saturday 11th March 2017

Time: 9am - 4.30pm
Price: £75.00 (Includes vegetarian lunch) Places secured upon payment. How to register: Please email mike@myfreemind.org or call 376856 for more information.

*Please note that places are booked on a first come, first served basis. Registration closes on Thursday 9th March.

The Big Compassion Workshop

Mindfulness teacher Mike Kewley explores the themes of awareness, compassion and acceptance, suggesting that we are hard-wired for kindness and connection. Mike will also introduce three powerful and transformative practices to calm the mind, open the heart and heal difficult emotions.

Date: Thursday 27th April, 2017

Time: 7pm – 9pm

Location: University College Isle of Man

Price: £12.00

How to reserve your place:

Please call the University College directly on 648200 to reserve your place and quote course code ED591-UX

BRAHMA KUMARIS ISLE OF MAN

Look online at www.brahmakumaris/uk/isleofman or call 626940 to register.

Weekly Group Drop-in Meditations at Appledene Court

Peel – Age-Isle of Man, Ny Kiare Thieyin Resource Centre

Singing for the Brain (Peel)

Every Wednesday 1.30 – 3pm Singing for the Brain® is a stimulating group activity, for people in the early to moderate stages of dementia and their carers, which can help with general well-being and confidence.

You'll meet others with similar experiences in a relaxed setting, and can join in a variety of songs, as much or as little as you like. The groups are run by our friendly staff and volunteers, and are led by a trained Singing for the Brain® leader.

Call Susan on 346794 for further info.

► WHAT'S ON CONTINUES ON PAGE 11

Sunday 6.30pm to 7.30pm On every third Sunday of the month at this time, all centres throughout the world celebrate World Meditation Hour.

Meditation in Port Erin on Saturdays at 5.30pm to 6.30pm There is a weekly meditation at Thie Rosein, the old Southlands building. Please see website for details or call 626940.

MEMORY SUPPORT GROUPS

(for those with Memory Problems as well as Carers and Family/Friends)

Groups run by The Alzheimers Society.

Mobile Memory Café

Call 613181 for route details.

Ramsey – Brookfield Nursing Home Claughbane Drive, Ramsey, IM8 2RE

Singing for the Brain (Ramsey)

Every other Tuesday 2 – 4pm

A four day celebration of railways

RUSH HOUR ON THE RAILWAYS

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- Car No.32 newly repainted in nationalisation green
- Car No.16 in "austerity red"
- Engineering trains
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FESTIVAL OF STEAM

17-23 APRIL 2017

17-21 APRIL, STEAM CAR TOUR;
A five day tour of the Isle of Man with steam cars from the UK, Europe and the USA.

20-23 APRIL, HEAVY HAULAGE ON MANX ROADS; A four Day spectacular of Three Fowler road Locos (Atlas, The Duke of York and The Great North) pulling The Great Dorset Steam Fair Twin Bogie Trailer and Isle of Man Railways N0.8 'Fenella' over the Manx roads.



Visit: www.rail.im Call: 01624 662525

<b

Since its foundation in 2015, Isle Learn is proud to announce that we have qualified more than 100 learners with City & Guilds Diplomas in Adult Care and/or Children's Care, Learning and Development. Many of these learners have gained fulltime employment and some have even gained promotion in their workplace. We hear of success stories frequently from both learners and employers.

Isle Learn has led the way in Care Apprenticeships on the Isle of Man and we now have apprentices moving into their second year. Some of these apprentices are looking ahead in their career and have already planned further study in nursing, teaching and social work. Many of these apprentices feel that this qualification is preparing them in lifelong learning and providing them the opportunity to follow their dreams.

Embedded within Isle Learn's apprenticeship framework are functional skills for those who have not attained GCSE's in English and/or Mathematics. Functional skills are qualifications that have been developed by the UK Government as part of an initiative to improve the UK's literacy, numeracy and ICT skills. Functional skills equip learners with the fundamental applied skills needed to succeed in all aspects of life, work and learning. Functional skills are included in all apprenticeship frameworks in England and are currently a key part of the City & Guilds work programme.

Isle Learn are now offering individuals the opportunity to gain functional skills qualifications from our training centre. Competitively priced these are the qualifications desired by most employers in place of GCSE's.

More and more we are enrolling learners into QCF Diplomas in Childcare, Learning and Development and Health & Social Care courses. Our courses include a taught element whereby learners attend four hourly sessions either weekly or fortnightly for at least ten sessions. These sessions provide the foundations that learners need to complete their qualification. Trained Isle Learn assessors will then need to visit learners in their workplace to observe their practice. On average learners are completing their qualification within a year.

Providers are now seeing their employees who have gained their QCF qualifications becoming more empowered, knowledgeable and prepared to question and improve standards of practice in their workplace.

For more information on our Care Apprenticeship programmes, our suite of QCF Diplomas in Childcare, learning and Development and Health & Social Care and Functional Skills English and Mathematics please contact our training centre on 618145



ISLE LEARN LTD
'Quality in Education'

JUST THOUGHTS: THE POWER OF METACOGNITIVE ATTENTION

What drives people to extremism?

As a practitioner of Mindfulness I can report that extremism begins when we confuse thoughts with facts. As soon as we believe a thought to be true we experience the rush of power and righteousness which often accompanies it.

We are all guilty of extremism. We may not be religious fundamentalists, but we all know the experience of feeling right and defending our personal world-view as if it were beyond criticism.

By regularly practicing Mindfulness we cultivate a metacognitive awareness of our thoughts which allows us to view them objectively rather than clinging to them as "true." We become skilled at simply watching thoughts arise, without acting upon them.

First we begin to notice what thoughts do, rather than what they tell us. Thoughts appear and disappear like clouds passing through the sky. By intentionally observing our own minds we see that all thoughts come and go, including the ones we believe to be "true."

With practice we also see that we cannot be the same as the thoughts we experience. This is a crucial insight as we usually assume that we are identical to the thoughts which pass through our minds. Yet with metacognitive attention we can recognise that I have thoughts, but they are not me. This awareness allows us to unplug from a thought in real-time and see it for what it really is, just another concept flashing through the brain. To view all thoughts as "just thoughts" is freedom.

But how does this impact upon extremism?

As always, real change begins with education. Extremism is being undermined, not because of our intelligence agencies, but because we are now teaching our children how to mindfully observe their thoughts, emotions and behaviours rather than being controlled by them.

Teaching Mindfulness to children means that future generations will be less inclined towards fundamentalism and the narrow world-view it encourages.

When we can step back and look at our thoughts objectively, they begin to lose all of their power. It's then that we experience a taste of enlightenment, a moment of insight where we're able to see our most destructive, powerful and enticing thoughts as "just thoughts" passing through, passing through, passing through.

Mike Kewley is a local Mindfulness Teacher based in Douglas. He teaches regular courses, has monthly meetings and does private appointments. His website is www.myfreemind.org



SCIATICA AND LEG PAIN

Not all leg pain is sciatica, but most sciatica involves leg pain. Sciatica sufferers often have severe pain along the sciatic nerve path, usually in the back of the legs and thighs, although sometimes the pain may also be felt in the ankle, foot and toes.

Occasionally pain is felt in the front or side of the legs, in the hips, or for some hapless sufferers, in both legs. Apart from pain, paraesthesia or pins and needles, burning, tingling, prickling, crawling sensations or tenderness may be felt. Ironically the painful leg might feel numb as well!

Sciatica is hell to sufferers. Sleeping, sitting, walking, bending, turning or standing up may be difficult or impossible.

Sciatica is caused by irritation of the nerve root(s) of the lower lumbar and lumbosacral spine. These nerve roots go on to form the sciatic nerve that travels down the back of the leg.



Additional common causes of sciatica include:

- **Lumbar spinal stenosis** (narrowing of the spinal canal in the lower back)
- **Degenerative disc disease** (breakdown of discs, which act as cushions between the vertebrae)
- **Spondylolisthesis** (a condition in which one vertebra slips forward over another one)
- **Pregnancy**
- **Stress**
- **Muscle spasm** in the back or buttocks.

CHIROPRACTIC BENEFITS

Chiropractic has been a blessing to millions of sciatica and leg pain sufferers. Dramatic relief has often been observed, sometimes even after a single chiropractic adjustment. Chiropractic has been found to work as well as or better than traction, painkiller injections and surgery.



DON'T WAIT

Chiropractic care appears to have the most profound effect on sciatica when problems first occur. However, even for those who have been through the "medical runaround" chiropractic can provide excellent results. Why don't you book in for a thorough spinal assessment with your local chiropractor. You will discover the cause of your sciatica and then what can be done to get you back to your usual active self.

www.align4life.com 629444



Top Tips for Parents Family Traditions

Easter is fast approaching. It is one of those times of the year when family traditions get a bit of a 'dust-off'. Some family traditions happen by chance, some are a bit more deliberate but most are probably 'inherited' from childhood with new parents continuing those they were brought up with. No matter where traditions may come from, it's an important feature of a strong family that they exist.

Traditions bring a sense of belonging and identity. A strong bond is formed as you feel part of something unique and special and things 'we always do' can help us find our identity, giving us roots and helping us understand our place in the world.

During times of change and grief, family traditions can be an important source of comfort and security. When you've moved house and everything is strange and new, comfort can be found in the fact that Tuesday is still pizza night or Saturday morning is still family swim time.

Traditions are a great way of passing on our values. Nightly bedtime stories can give us a love of reading, family meals and activities encourage unity and doing specific things at special times gives us a sense of occasion -for example watching a favourite film on Christmas Eve or an Easter Egg Hunt on Good Friday.

As Easter approaches and we are reminded the year is marching on, why not get your family together and make a list of all the family traditions you have. You may find there are more than you realised or there may be things your children see as traditions that you didn't realise were. Ask each other honestly how much you enjoy each tradition and be willing to tweak or adjust so that each member of the family feels involved.

Some traditions die out naturally as the children grow older and new traditions may spontaneously appear with grandchildren but you can always plan for some deliberate 'we always' moments, for example, we always have pancakes on Pancake Day or everyone always gets a chocolate heart on Valentine's Day.

Giving our children happy memories like these is a wonderful gift to them that will last throughout their lives.

VITAMIN D, THE SUNSHINE VITAMIN

Here we are just coming out of winter, and everyone is hoping for some sunshine this year. Sunshine is good for our general well-being, although did you know that your body makes vitamin D when the sun shines? Vitamin D is important in maintaining strong bones. Most of the vitamin D present in our bodies is produced over the summer months when the sun shines onto our exposed skin. A small amount of vitamin D is absorbed from oily fish and red meat from our diet.

Most people can make enough vitamin D in the summer by exposing their lower arms, hands and lower legs for short periods.

However, Vitamin D deficiency is becoming more common, and there are a number of factors at play. For example: it is recommended that between 11a.m. and 3p.m. high factor sun cream is worn to avoid sunburn and long term skin damage; longer working hours indoors reduces sun exposure; weather patterns make sunshine difficult to predict; different skin types produce vitamin D at different rates.

It is difficult to predict who is deficient in vitamin D. If your GP has concerns that your vitamin D levels may be low, a blood test can be requested. If these blood tests show that your vitamin D levels are extremely low, high dose supplementation can be used on prescription.

If you have concerns that you don't get adequate sun exposure, discuss your concerns with your Pharmacist. Supplements are available to purchase over the counter. A dose of 10mcg daily is recommended by the NHS for any person who is frail, in a care home, housebound, wears clothing or sun cream to avoid exposure routinely, or people who spend the majority of their time indoors.



Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.
Margaret Mead

WEANING: BABY-LED OR SPOON-FED?

by Zita Ronald BSc RD, BA Psych

Weaning or complementary feeding is the introduction of solid foods to a baby's diet in where the diet was previously only breast milk or formula milk. Breast or formula milk is nutritionally adequate until six months of age where it is important to introduce other sources of nutrition.

There are two main trains of thought regarding weaning. The first being spoon feeding and the second is baby-led weaning (BLW). Spoon-feeding is the introduction of solid foods to infant's diet via spoon feeding puree, fed by the infants' caregiver. Baby-led weaning (BLW) is the introduction of solid foods via finger foods and self-feeding through a process of exploration at the infant's own pace and without the caregiver spoon feeding the infant.

BLW is an independent process rather than the passive spoon feeding alternative. Spoon feeding allows caregivers more control of the quantity of food that enters infants mouth whereas BLW does not. The independent feeding process of BLW curbs the cohesive and frustrating nature of spoon fed meal times but both methods offer benefits for establishing a healthy eating relationship for your infant.

Pros and cons of BLW have been outlined below:

Pros	Cons
• Establish a positive relationship with food from an early age	• Time consuming process
• Infants learn to control their gag reflex in their own time rather than being forced to do this to a schedule.	• Increased mess
• Increased independence	• Requires high level of patience
• Exploration of textures, tastes, colours and shapes from an early age	• May take a longer time for infant to be completely weaned
• Increased dexterity and hand-eye co-ordination	• Caregivers have less control over their infant's nutrient intake

It should be noted that there is a chance of choking with BLW as there is with spoon feeding, therefore parents should not leave infants unattended and weaning should only take place once infant has met his or her developmental milestones before beginning weaning. Both methods have their pros and cons and each parent should take their unique child and their family circumstances into consideration when deciding on a feeding method. A combination of both could be useful as both methods have positive characteristics that will assist you in introducing your baby to a healthy food relationship.

For more assistance or information visit: www.foodmatters.im or contact Zita Ronald on 07624 391 951.



► WHAT'S ON CONTINUED FROM PAGE 7

iMuseum Entrance (back of Manx Museum), Kingswood Grove, Douglas

Golden Memories Group

1st Wednesday of the Month 2-4pm

Remembering the good old days....we would like to invite you and your carers to tell us about your golden memories of days gone by. Working in partnership with Manx National Heritage, Alzheimer's Society Isle of Man are running monthly sessions open to anyone who has been diagnosed with dementia.

Call Susan on 346794 for further info.

One to One Sessions for people diagnosed with dementia

We offer the opportunity for you to speak to a dementia support worker and will give personal advice on all aspects of living with dementia and finding the right care and support.

Carers Information and Support Programme (CrISP)

This programme is specifically designed to give carers an insight into the causes of the condition, how the disease affects people in many different ways, what financial and legal options are available, caring strategies for dealing with any challenges which may or may not present themselves and where to find support and care in our community.

These courses are run regularly throughout the year at Kirk Braddan, Peel and Ramsey, and are also available as an evening course as part of the IOM College prospectus. This may be more convenient if you work during the day.

Please call 613181 for more information.

Braddan Church, Douglas

Forget – Me – Notes

Come and Join our Memory Choir

Sessions held on the 1st Tuesday of the Month 2-4pm.

For more information call Andrea or Lorraine on 642879
Or Email andrea.marsden@gov.im

The Decaf 'Café' is for people with Dementia and Memory problems, their families and/or carers. There are 4 café's now across the Island. **For Enquiries/ Details call 642879**

Southern Decaf @ Cherry Orchard Hotel, Port Erin, 2nd Wednesday of the month, 2-4pm

Northern Decaf @ Ramsey Town Hall

2nd Thursday of the month, 2-4pm

Douglas Decaf @ Douglas Golf Club, Pulrose

Last Friday of the month 2:30 – 4:30pm

MUSIC FOR TODDLERS

Island-Wide

Action Songs and Rhymes

(term-time only)
Cost: FREE (courtesy of the The Children's Centre)

Donations Welcome

Call 479452 – to find your nearest group.

All Saints Church Vestry Alexandra Drive SuperSaints

Music, Movement, Stories, Rhymes + Prayers Tuesdays 10 -11.15am (Term-time only)
Ages 0-4 £1 per child

Contact: Kristene 427185

MUSIC, SINGING , BANDS - GENERAL

Trinity Church Hall, Ramsey

Ramsey Choral Society Rehearsals

Mondays 7.15 – 9pm

Contact:

All Welcome. Come and Sing!

St John's Methodist Church Glenfaba Chorale Choir

Mondays 7.30pm

We are looking for singers. No experience necessary.
All Welcome

Contact: Muriel Corkish 620548

Braddan Church, Douglas

Forget – Me – Notes

Come and Join our

Memory Choir

Sessions held on the 1st Tuesday of the Month 2-4pm.

TPM ACTIVE Push your Pilates or Yoga to the next level...



Get screened for movement health today!
Call 07624 310311

St Columba Catholic Social Club, Circular Rd, Douglas
Lon Dhoo Male Voice Choir

Weds 7.45 - 9.30pm
Returning and New Singers Welcome

Contact Gary Corkhill 627027

PARENTS AND TOTS GROUPS

Anagh-Coar School Mini Club – Parents & Tots

Weds 9.30 – 11.15am
Ages: 0 – 4 and their Parents/ Carers Cost: £1 per Family inc refreshments

Contact: Elizabeth 675091
The Buchan School (NEW)

Little Sunflowers Baby & Toddler Group

Ages 0-4yrs
Wednesday 9.00 -10.30am (term-time) Cost FREE Craft activities, songs, story, refreshments.

Contact 820110 or admissions@kwc.im



BACK ISSUES * STRESS MANAGEMENT * DIGESTIVE ISSUES * PHOBIAS * JOINT PAIN * CHRONIC FATIGUE * TRAUMA * HEADACHES * ANXIETY * PAIN RELIEF * COUNSELLING * LEARNING DIFFICULTIES

The Balanced Health Clinic
20/22 Michael Street, Peel, IM5 1HB
842553 • balancedhealthclinic.co.uk • bhcim@gmail.com



Hop to it this Easter...

Children love joining in with baking and Easter is a perfect time to let them experiment. Easter Sunday may be late this year – 16th April - but why not get them practising beforehand? This easy recipe can be used for any occasion and makes approximately 16 biscuits.

All ingredients listed and lots of baking essentials are available from Shoprite stores.

EASY EASTER BISCUITS

INGREDIENTS

- 200g IOM Creamery Manx butter at room temperature
- 200g caster sugar
- 1 medium Manx egg
- 400g Laxey Glen Mills Manx plain flour
- 1/2 tsp mixed spice
- 1/2 tsp ground cinnamon

TO DECORATE

- 400g icing sugar
- 3-4 tbsp water
- 2-3 drops food colouring (or leave white if desired)

Preheat the oven to 190C/375F/Gas 5.

Mix the butter and caster sugar in a large mixing bowl and beat with a wooden spoon until light and fluffy. Gently beat in the egg and then gradually add the flour and spices. Use your hands to bring the mixture together into a ball.

Roll out the dough on a lightly flour-dusted surface until it's about 5mm thick. Use a shaped cutter to create the biscuits and put onto a baking tray then bake in the oven until golden brown (6-10 minutes depending on the size of the biscuits).

Allow to cool for a couple of minutes before removing from the baking tray to cool completely.

For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.

Carefully spread the icing onto the biscuits using a knife and set aside until the icing hardens or place the mixture into a piping bag and decorate - children may like to use sprinkles or sweets too.

These biscuits will keep for about a week when stored in a sealed cake tin.

Shoprite have a great range of treats for Easter available in-store. From Thorntons Classic Eggs to Kinder Mini Eggs, Malteaster Mini Bunnies to Green & Black's Organic Milk and Dark Chocolate Eggs. There's something for everyone!



If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

Castletown Methodist Church, Arbory St, **Daniel's Den**

Day: Mondays and Wednesdays Time: 9.30 – 11am Cost: £1

Contact: [Stephanie 240958](#)

Colby Methodist Hall,

ROCK Sunday Club –

10:30am (Term-time)
Music, stories, crafts, puzzles and challenges.

PEBBLES – 10:30am Sunday (Term time)

Friendly club for preschoolers with parents/carers.

CONTACT Jane 492010 or Pam 832070

Douglas: Salvation Army Citadel, Lord St, Douglas (NEW)

Sunbeams Parent & Toddler Group

Weds 9.30-11.30am (term time) 75p adults, 25p children

Contact [627742](#)

St Thomas' Church Vestry, Finch Rd, Douglas Edward Bears Toddler Group

Wednesdays 1.30 – 3pm – All Yr Round

Contact: Caroline 435600 Age: 0 – Pre-school Cost £1 per family with drink and snack included.

Dragons Castle, Villa Marina, Douglas IOM Twins/Multiple Births Club

2nd Weds of each Month

10.30am – 12pm Cost £3 per Family

Contact: [Rachel 474535](#)

St Ninian's Church, Douglas Kittens @ St Ninian's

For Parents, Carers and children from babies up to pre-school

(term time only) Mondays 10.30 - 11.30 am £1 per family

Contact: [Christine Roberts 629683](#)

Kewaigae School (NEW DAY)

Parent and Toddler Group

CATCHMENT AREA ONLY Wednesdays 2.30-3.30

Term time only
For any aged children who will be attending Kewaigae School in the future.
Cost: Donation for teas/coffees.

Contact The School on [673951](#)

Cronk –y-Berry School Side Entrance (Term Time only)

Parents and Tots Group

Tues 9.30 – 11.15am Thurs 1.30 – 3.15pm Cost: £1 per family

Contact: [Kelly 393844](#)

Broadway Baptist Church Broadway, Douglas "First Steps"

Tuesdays: 9.45 – 11.45a.m (term time only)

Age: from baby – school age Cost: £1

Contact: [Rosie 437386](#)

All Saints Church Hall, Alexander Drive, All Saints' Messy Church. (NEW)

1st Sunday of month 11.15 am - 1.15 pm Crafts and celebration followed by lunch.

All welcome but children must bring an adult.

Contact [Cath 626097](#) for details.

Living Hope Community Church, The Studio, Opp the Palace Cinema Park in Cinema Car Park.

Toddle Inn, Douglas

Parking in the Cinema car park.

Weds 9.30am - 11.30am. Refreshments, play and chat!

Contact: [Cara 364348](#)

Foxdale Primary School Community Hall Parents and Tot's

Wednesdays 2 – 3.15pm (term-time only)

Mondays 10.30 - 11.30 am £1 per family

Contact: [Emma 801946](#)

Cost: £1.50 per Family

St Pauls Church, Foxdale Foxdale Panda Club

Some Thursdays 2 – 3.20pm Contact [Nancy 497747](#) or nancyclague@manx.net for full details.

Glen Maye Chapel & Community Centre Baby and Toddler Group

Fridays 9.30 – 11.30am Cost: £1.50 per family to cover craft/refreshments

All Welcome Contact: [Debbie 845681](#)

Dhoon Church Hall, Parents and Tots Group

Mons 9.30 – 11am Cost: £1.50 per family

Contact: [Dawn 863064](#)

Marown Hall, Peel Road, Crosby Marown Moms and Tots

Weds 1.30 – 3pm £2 per family (inc refreshments)

Contact: [Janice ward 851378](#)

Ebenezer Hall, Kirk Michael Parents and Tots

Wednesdays 1.45 – 3.15pm Cost: £1.50 per family

Contact: [Carrie 321074](#)

Jurby Health and Community Centre Parents and Tots

Thursday 9.30 – 11am Singing, crafts and much more

(Health Visitor Attending – 10 – 11am)
FREE Donations Welcome

Contact: [Julie 355360](#)

Laxey Working Mens Institute Laxey Mums and Tots

Fridays 10 – 12pm Cost: £2.50 per family inc. refreshments

Contact: [Louise Gribble 432442](#)

Or find us on Facebook.

All Saints Lonan Church Edward Bear Club

(for pre-school Children) Tuesdays 2-3pm

Contact: [Rev Jo 861989](#)

Onchan Elim Church, Elim Family Centre, Second Ave, Onchan. IM3 4LE

"Tiddlers" Parent & Tots group.

Wednesdays 10:00am - 11:45am (Term-time only)

0-4 yrs £1 per family

Contact Anne: [434933](#)

or Church Office [665186](#)

Singing, crafts and much more

Small, friendly & homely nursery for children aged 2 – 4yrs

With our qualified & experienced team of staff we are able to give your child the highest quality of care throughout the day, presenting a broad & balanced approach to EYFS

Open week days 08.00 – 18.00

Pre-School credit certificates apply

For full details or to arrange a viewing please contact

07624 460221 or email 1stclass@iom.com

1st CLASS PRE-SCHOOL

1st CLASS PRE-SCHOOL

Onchan Parish Hall, Royal Ave "Carers and Tots"

Fridays 1.15 – 3.15pm Age: birth upwards

Price: £1 per child

Contact: [Jill Dugdale 625328](#)

"Peter Bear Club"

Day: Some Mondays – call to find out which. Time: 10.15 – 11.15am Price: Free

Contact: [Jackie 451988](#)

Grace Baptist Church, Market St, Peel Good News Club

Mondays 4:30pm-5:30pm Age: School Yrs 1 – 6

Games and craft; free entry and refreshments;

Contact [Pauline 335890](#)

Grace Tinies

Wednesdays 9:15am-11am Ages: 0-4 yr olds

Free entry and refreshments

Contact [Louise 300258](#)

Isle of Man Arts Council present

the HALLÉ

Villa Marina, Douglas, Isle of Man

Saturday 17th June 2017

Conductor: Stephen Bell
Leader: Lyn Fletcher
Guitar: Craig Ogden

7.30 pm, Doors open at 7pm

Sunday 18th June 2017

Come and Play Session (Heroes and Villains)

Conductor: Jonathon Hayward
Leader: Lyn Fletcher
Presenter: Tom Redmond

2pm, Doors open at 1.30pm

Ticket prices from £16.50 (inc booking fee) Concessions available
Tickets available from:
Villa Marina & Gaiety Theatre and Welcome Centre
Ticket Hotline: (01624) 600555
www.villagaiety.com



UP & RUNNING EST. 1992 HERITAGE

Prom Run

(In conjunction with Up&Running)

Confirmed dates for 2017 are:

Saturday 11th March

Saturday 1st April

Saturday 29th April

Saturday 13th May

Go to www.iom.upandrunning.co.uk for more information and to sign up
37 Bucks Road , Douglas, Isle of Man IM1 3DE
Tel: 677867 Email: upandrunning@manx.net

Follow Prom Run on
Follow Up & Running on





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ACCOUNTANTS

**Professional, Affordable,
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Tel: 01624 838434



Philip Christian Centre, Peel
Peel Play Group
Day: Every Weekday
(Term Time only)
Age: Preschool from 2 up.
Time: 9am – 12pm & 1pm –
4pm daily
**Contact 842043 or 436981 or
during open hours 439136**

**Champions Parent and
Toddler Group**
Thursdays 9.30 – 11am
(NEW)
Fee £1
Contact: Bernie 259890

**Parents and Tots Group inc
Krafty Kids**
Age: Birth – 4.
Fridays 10 – 11.30am
(Term-Time only)
Contact: 355360

**Roll'n'play (Soft play
sessions)**
Age: Birth to 4.
Mondays 10 -11.30am
(Term-Time only)
Contact: 355360

Unless otherwise stated - All
the above are Free (courtesy
of The Children's Centre)
Donations Welcome.

**Peel Clothworkers School,
Main Hall**
Parent and Toddler Group
Thursdays 2 – 3.15pm
Cost £1
Contact Bernie 259890

**St German's Cathedral
Caterpillar Club - For
Pre-school Children**
1st & 3rd Weds of every
month. Time: 10am.
Craft activities, songs, story,
refreshments.
Contact 844830

**Living Hope Community
Church Building,
Bayview Rd**
"Good News Club"
Thursdays 6 – 7pm
Age: Primary School Children
Bible Stories/Singing/Quizzes
and Games

**Email: weirfamily55@
hotmail.co.uk**
**"Toddle Inn Parent and
Toddler Group"**
Tuesdays: 9.30 – 11.30a.m
(term time only)
Age: babies - preschool
Cost: £1

Contact: Emma 231203
**Scioill Phurt Le Moirrey
Parents and Toddler Group**
Thursday 9:30 - 11:30am
(Term time)

**PREGNANCY
GROUPS/ANTE +
POSTNATAL**
**Total Wellbeing From Bump
2 Birth & Beyond**
Pregnancy & Birth Preparation
Class

Crosby Chapel Hall
Every Saturday 10-11.30am
Mummy Movement Classes
Noble's Park
Wednesday and Fridays
10-11am (term time only)
**Go to www.totalwellbeing.
co.im for more details**

**Centre 21, Greenfields Rd,
Douglas.**
**Breastfeeding Buddies
(NEW VENUE + TIME)**
Tuesdays: 11am – 12.30pm
All antenatal and breastfeeding
mums welcome.
Contact Nicole 656030

SPORTING ACTIVITIES:
For listings including **Rugby**,
Tennis, **Netball**, **Archery**,
Athletics, **Badminton**,
**Contact: Anne 451896
or 813033**

Ramsey Rugby Club
**Toddle Inn by Living Hope
Community Church**
Thurs 9.30-11.30am.
£1 per family.
Refreshments and Craft
included
Contact: Charlie 372559

**Ballagarey Methodist
Church Hall**
Ballagarey Babies
Parent and Toddler Group
Age: 0 – 5yrs
Wednesdays 1.30 – 3pm
(All year Round)
Tea, toast and chat – toys and
crafts, stories and songs.
All Welcome.

**Contact: Cateeney Denham
498037**

**Sulby Methodist Church
Sunday School**
(during term time)
10.30am onwards.

Willaston School Main Hall

**Willaston School
Happy Tots**

Thurs 10 til 11.15am (term
time only)
£1 per family - including
refreshments
**Contact School Secretary
on 621577**

**PREGNANCY
GROUPS/ANTE +
POSTNATAL**
**Total Wellbeing From Bump
2 Birth & Beyond**
Pregnancy & Birth Preparation
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**Contact: Anne 451896
or 813033**

**Cycling, Hockey, Karate,
Tai Chi, Fencing and
many more – go to www.
familymanx.co.im**

FOOTBALL – ALL AGES

Pulrose Football Fields
St Marys AFC
Football for Under 11's –
Mixed.
Sats 10-30 – 11.45am.
Call Jim 405859

GENERAL SPORTS

Trinity Church, Buck's Road
**Sporty Church for 7 to 11
year olds**

Fridays 6 p.m. - 7 p.m.
Football, Hockey etc. with
5 minute fun God slot
Price 50p inc. drink and biscuit

**Contact Jean Faragher
628374**

NETBALL

Castle Rushen High School
Simcocks Eagles
Netball Club

Mondays 6.00-7.30pm Year 7,
8, 9, 10 & 11
7.30-9.00pm All abilities

**Contact Claire
Belcher-Smith 481757 or
email clairebelcher@manx.
net**

NSC Main Hall
Mixed Netball Now

Mondays 6-7pm until 3rd April
Age: Over 18 yrs only
Cost: £4 per session

+ Walking Netball
Thursdays 10-11am
£3 per session Term time only

Contact Rachel 308893

**Tommy Clucas Community
Sports Hall**
Walking Netball

Tuesdays 10.30 – 11.30am
Term time only
£3 per session

Contact Rachel 308893

QEII High School
Netball Now

Tuesdays 7-8pm until 4th April
£4 per Session
Contact Rachel 308893

If you run regular sessions and would like to have them listed in here please contact Amy on 225577 to discuss. There is a small monthly fee for fee paying sessions.

UNIVERSITY OF THE THIRD AGE

U3A is a self managed learning co-operative for people with time available in the daylight hours.

Network meetings are held monthly on Thursdays at 2pm in **St Johns Mill**. This is an opportunity to listen to a variety of speakers, meet fellow members and find out about new Groups and events.

Activities are organised mainly in small groups that meet regularly, sharing their knowledge, skills and experience and learning from each other. www.isleofman.com/U3A or call 801032

VOLUNTARY ORGANISATIONS

ST JOHN'S AMBULANCE

Building skills that will be VERY useful in life. **For Specific details - Call 674387**
Groups meet at the Douglas HQ on Mon/Tues & Thurs and in Ramsey, St Olaves Church Hall on Fridays.

THE MANX WILDLIFE TRUST TALKS

To find out more about the MWT; the activities they run and how you can volunteer with them – just call 844432 or e-mail dawn@manxwt.org.uk

WOMEN'S INSTITUTE

The WI is a great place to meet new friends, develop new skills, learn a new craft, involve yourself in your local community, get on your soap box about topical issues and have time for yourself.

If you wish to know more and find the nearest Institute to you please ring the office on 818194 and speak to the Federation

Secretary or email iomwioffice@manx.net

YOGA CLASSES

**SHINE OM STUDIO –
2ND FLOOR, 8 VICTORIA
STREET, DOUGLAS –
ENTRANCE TO REAR
OF BATH AND BOTTLE**

Types of classes on offer and descriptions below along with many pop up workshops and events! Variety of styles, levels and teachers to welcome you to the studio.

Full timetable online at www.shineom.me or Download the Studio MIND BODY App to your phone – search Shine Om and make us your favourite Wellness destination!

• **BEGINNER YOGA
WORKSHOPS** - 6 Week course for £55 introducing students to yoga postures and the practice ready for open classes - Beginners

• **EXPRESS PRIMARY** – 90 Minutes of non-lead class. Attendees must have knowledge of Primary or 2nd Series – Group Self Practice

• **BEGINNER OPEN FLOW** Gentle Vinyasa Flow based yoga classes – mats, blocks, straps provided – All levels

• **ADULT BALLET** – Evening Beginner Adult Ballet classes & Private Sessions – Dance, Fitness All Levels

• **STRONG FLOW** Intermediate level vinyasa flow with warm up sun salutations, standing sequences, twists, balances, stretch, inversion and relation – All levels

• **PIYOGA FLOW** – Pilates with body sculpting and yoga balance and stretch – Fitness focused for all levels.

• **FIIT YOGA FLOW** – Full qualified Pro Team Insanity Interval training combined with yoga – Trainers, Water, Towel required – Fitness & cardio for all levels.

• **BEGINNER HATHA** - Hatha Yoga Style of class, which works through the chakras and a selection of asanas, with pranayama and meditation included – rebalancing and calming.

• **BEGINNER GUIDED MEDITATION** – Lunch time guided meditation, mindfulness to break up the day. Stress Relieving and calming.

• **BEGINNER ASHTANGA**

We are working for the Isle of Man to become the world's first dementia friendly nation

If you'd like to find out how you can help call 613181

time only – Children's Yoga

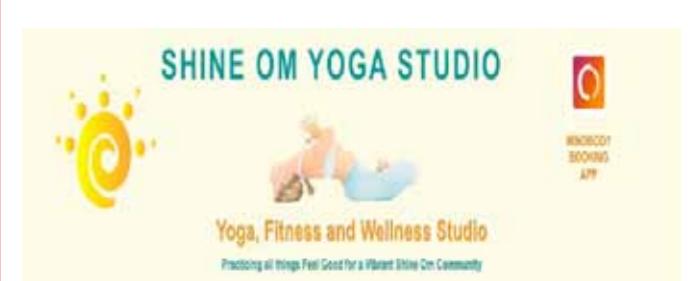
• **CORPORATE
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