

Bio Energy Therapists Association



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Web: www.bio-energy.ie

Email: info@bio-energy.ie

Bio Energy Therapists Association Newsletter, Issue 1 2016

Welcome to the 2016 Newsletter. The AGM in November 2015 yielded a very good turnout which is very positive and uplifting. A big thanks again to all committee members who gave their time voluntary to attend meetings.

Chairpersons letter August 2016

Dear member,

I write to announce the impending launch of the new B.E.T.A. website and invite you to a Free Holistic day on Saturday 17th September 2016 at the Clayton Hotel, Dublin (R139 near the Dublin airport roundabout) from 10.00am – 4.00pm where the new look website will be unveiled.

This BETA member's **FREE** holistic day is being provided to you, in part to celebrate the launch of our new BETA website and also to provide a time to come together, network with each other and access some member services.

We have planned a wonderful day, with sessions which will help to lift your energy vibration and clear your energy.

As a committee, we wish to provide further opportunities for member education in matters of Life Force Energy. What would you like to know more about or see more of from your Association? You can let us know on the day or by email in advance if you prefer.

We have invited Sean O'Neill, a classical acupuncturist and teacher who also is a Tai Chi Master. He will teach an hour of Roots and Branches tm 5 element Qi Gong.

Tom Maher the designer of the website will launch the website and will answer any questions you have related to the website. We'd like to ask for your feedback as to what you would like to see on the B.E.T.A. website in the future, so there will be an opportunity in Tom's session to facilitate this. Think about what you'd like to see. Feel free to let us know in advance if you wish also or to provide your input by responding to tinfo@bio-energy.ie if you can't attend on the day.

First aid is now a necessity in the practice of Bio Energy Therapy. We have invited a paramedic to talk about first aid and to explain the first aid one day course which will be made available to members and which will give you a 2 year certification in first aid.

Gemma Hipson, our Chairperson, will give a lecture and practical demonstration of Emotional Freedom Techniques (E.F.T.). Founded in 1970, E.F.T has now been proven to clear and remove trauma and negative emotions from the 14 meridians. It is an amazing and highly effective therapy.

Berni Manning, our Treasurer will provide a refresher session related to bio energy techniques.

We will be asking you about the future, what do you want to see from the Association? Refresher or advanced bio energy techniques or any other ideas that you would like to bring forward to discuss?

We will finish the day with a short mindfulness meditation section.

Note: If you are travelling from outside Dublin, please do not worry if you are late as we will provide you with full notes on everything we do on the day.

We would love to see you there and we hope that this will be the first of many free holistic days.

A full agenda of the Free holistic day is provided with this newsletter for you.

Please R.S.V.P. by email to info@bio-energy.ie or by phone to Helen O'Flinn, Secretary B.E.T.A. on +353 86 408 7003 by 12th September 2016.

Love and light,

Gemma Hipson, Chairperson of B.E.T.A.



Free Holistic Day at the Clayton Hotel, Dublin

(Off the R139/M50 roundabout)

Agenda

Saturday 17th September 2016

9.30 am – 4.00 pm

| Time | Details | Responsible |
|-------------------|---|--------------------------------------|
| 9.30am – 10.00am | Welcome (tea, coffee and scones) | All |
| 10.00am – 11.00am | Roots and Branches tm 5 element Qi Gong | Sean O'Neill, Tai Chi Master |
| 11.00am – 11.15am | Break | |
| 11.15am - 12.00pm | First aid lecture | Paramedic Joe Mooney (1st responder) |
| 12.00pm - 1.00pm | Launch of The New B.E.T.A Website | Tom Maher, Web Designer |
| 1.00pm – 2.15pm | Lunch (table reserved but paid by each individual member) | |
| 2.15pm – 3.00pm | E.F.T. (lecture and practical work on Emotional Freedom Techniques) | Gemma Hipson, Chairperson, BETA |
| 3.00pm – 3.45pm | Refresher techniques on Bio Energy Techniques | Berni Manning, Treasurer BETA |
| 3.45pm – 4.00pm | Mindfulness meditation | Helen O'Flinn, Secretary, BETA |
| 4.00pm | Close | |

4.00pm—5pm

An optional Bio Energy exchange session between members could be facilitated if any members wished to partake.

Mindfulness Meditation

Breathing out: I notice my breath is slow

Breathing in: I know I'm breathing

Breathing out: I know I'm breathing out

Breathing in: I notice my breath is deep

Breathing in: I calm my mind and body

Breathing out: I am at ease

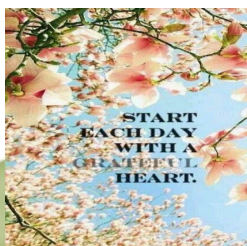
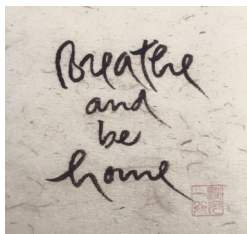
Breathing in: I smile

Breathing out: I release

Breathing in: I go back to the present moment

Breathing out: I know this is a wonderful moment

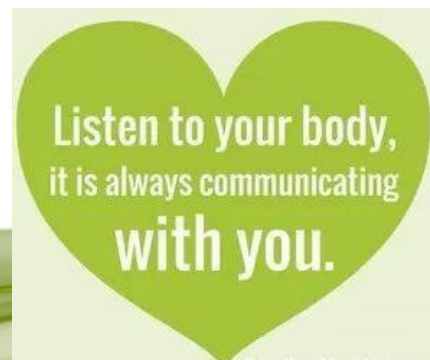
Submitted by Berni Manning



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Meditation / Mindfulness / Relaxation Workshop

Glenroyal Hotel, Maynooth, Co Kildare

When: Saturday 15th October 2016

Time: 9.30am – 5.30pm

Cost: €100

The aim of the workshop is to provide you with practical tools to reduce stress and anxiety, and improve overall health and well-being. Meditation and mindfulness have now been scientifically shown to have numerous benefits to our physical, mental and emotional health.

Topics covered will include:

- The health benefits of meditation and mindfulness
- Guidelines for establishing a daily meditation practice
- How to sit during meditation (posture)
- Challenges to meditation and how to overcome these
- How to incorporate mindfulness into everyday life
- The importance of creating space in our lives
- Mindfulness of breathing and of the senses
- Changing negative thought patterns which lead to ill health
- The body's energy system and how this relates to health
- Chi kung (energy work) practice
- Yoga poses to reduce stress and anxiety, and promote feelings of relaxation
- Tools to help achieve goals and create our own destiny

Marianne lives in Maynooth and is a mother to four small children. She has 16 years of experience in Occupational Therapy and now practices in Healing Therapies. Marianne is a Bio Energy Therapist (The Bio Energy School, Dublin) and member of the Bio Energy Therapists Association of Ireland. She is a Meditation & Yoga Teacher (Yoga Therapy & Training Centre, Dublin). Marianne has a Certificate in Indian Head Massage. She has completed Reiki Levels 1 and 11, and plans to complete Reiki Level 111 in the next few months.

Please bring a yoga mat, blanket and small pillow to the workshop, and wear loose, comfortable clothing for practising some of the gentle relaxation techniques.

For bookings please contact: **Marianne Ashe** Tel: 086 3418444 Email marianne.ashe@gmail.com

B.E.T.A. Committee Members

Chairperson, Gemma Hipson | Treasurer, Berni Manning | Secretary, Helen O'Flinn |
FICTA representative, Laureen Taylor | Newsletter, Anne Burke | Website, Laureen Taylor