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reconnect

the green living magazine for Exeter, Plymouth and South Devon

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ALSO INSIDE: Events diary ● Community energy ● Organic gardening ● Festivals guide

How one boy found peace

IT can be tough living with physical problems at any age, but especially when you're young and the psychological and emotional effects add to the struggle.

Metamorphic Technique practitioner and teacher H  l  ne Demetriades had just such a case recently.

She told Reconnect: "A 10-year-old boy, who was born with a damaged kidney and his bowel and bladder under-developed and fused together, had undergone a number of operations and was having to rely on medication to go to the loo and facing having to learn to self-catheter.

"He fell into a depression and told his mother, 'I just want to feel safe.'"

H  l  ne started the session with the mother at their home.

"I first suggested she put her foot on my lap, so she could experience the touch herself, and she soon felt relaxed and experienced 'an opening' around her head."

Half an hour into the session the son returned home with his father and H  l  ne asked the boy if he would like her to touch his feet in the same way.

"He immediately said yes," continued H  l  ne, "and I sat next to him on the sofa. As I gave him a session, while he watched TV, he leaned into me and asked to hold his mother's hand.

"The next day I heard that after I had left, and they were sitting down to supper, he had put down his knife and fork and said 'I feel peaceful'. He then said 'Mum can you learn what that lady was



H  l  ne Demetriades using The Metamorphic Technique.

doing?' So his mother came on my next workshop, and learnt the technique for herself."

The boy has since re-engaged with life and his schooling, and was able to take on the new procedure without any problems.

The Metamorphic Technique is a subtle and easy to learn treatment and consists of a light touch on the sides of the feet, hands and head.

H  l  ne's next workshop is over the weekend of May 11 and 12. To find out more, call 01803 868655, or visit www.helenedemetriades.co.uk.

Studio 3 at Chapel House - available for hire.



Take a journey into new space

CHAPEL House Studios is celebrating its hugely successful first year in Totnes with plans to develop the second stage of its business.

"Having successfully established the dance side of the business," said the centre's Richard Rogers, "we are now promoting hire of the studio space for talks and workshops at the weekend."

There are two big 10m x 8m studios. Studio 1, on the ground floor, can be used as an open space or with seating for up to 80 people. The adjacent Studio 2, which includes a small kitchenette,

can be used as a green room with tables and chairs to enjoy a lunch or a tea break.

Studio 3, on the first floor, is the second large movement space, suitable for yoga, tai chi, Pilates and so on.

"We have hosted a diverse range of workshops and talks," said Richard, including belly dancing, men's initiation gatherings, yoga intensives and Jamie Catto weekends among many others."

To find out more about hiring Chapel House Studio spaces, call 01803 866461 or visit www.chapelhousestudios.com.

LAMA LENA

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For information and booking please contact Peter Brissenden 07926 344977

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May 3rd: Public talk / Blessing ceremony / Q & A session

May 4th - 5th: Two-Day Ancestral Ceremony / Initiation

May 6th - 7th: Personal Sangoma Divination Sessions

see african-shaman.com for more details

email mark@markflaherty.co.uk for all bookings / questions

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