



## Chamtrul Rinpoche is back in town

**RENOWNED** master and Khenpo (equivalent to a doctor of Buddhist philosophy) Chamtrul Rinpoche returns from the Himalayas to Totnes this June for the third time.

He will teach at The Mansion, 36 Fore Street, Totnes, from June 17-21: 7-9pm on Wednesday, Thursday and Friday and 11am-4pm on Saturday and Sunday. Booking is not required and teachings are by donation. There will be a different theme each evening, including: The Bodhicitta Practice of the Four Immeasurables to Open the Heart; Meditation for the Relaxation of Body and Mind; The Healing Power of Tonglen and The Essence of Words of My Perfect Teacher. The full

programme is on the website.

Chamtrul Rinpoche is from the Nyingma tradition of Tibetan Buddhism, the oldest school in Tibet. He is the eleventh in a line of recognised reincarnations and is a renowned master and scholar of the Buddhist teachings of Sutra, Tantra, and Dzogchen.

Having trained under the some of most eminent teachers of the 20th century, he became a Khenpo. Through his invaluable knowledge and practical advice, he compassionately guides people towards inner peace and happiness.

Visit [www.Bodhicitta.org](http://www.Bodhicitta.org)

## Centre welcomes new therapists

**T**HE next stage in Ola Chiropractic's expansion plan is complete with the addition of a new Chiropractor and additional consulting rooms at their Totnes clinic.

The Fore Street centre has expanded to welcome in clients from Align Chiropractic, which they took over in March. And the extra space also means there is room for new therapists.

New to Ola's Chiropractic team is Franziska Bockenheimer, who has worked in both the UK and Germany and specialises in Reorganisational Healing and Sacro-Occipital Technique.

She said: "I have worked with a wide range of complaints and people from all walks of life, including many different types of athletes such as triathletes, kayakers and professional polo players.

"I am interested in all aspects of the functional system of the body and how it ties into the mental, emotional and biochemical balancing of the body/mind. I emphasise to clients that this work can support them to have a better quality of life – to play



Ola has rooms available for therapists on a flexible, affordable basis.

the sports they love, pursue their dreams, or simply to walk without pain."

Franziska studied Chiropractic in New Zealand and Wales and is also a qualified Heilpraktiker. Her interests in Kinesiology led to Certification in Nabudripad's Allergy Elimination Technique (NAET). She is particularly

keen to work with chronic conditions. "Here the body's innate healing abilities really come into their own," she said. "The more ease we have in our bodies, the more this reflects in our lives and the choices we make and live."

Ola is holding an open day on July 4, 11-4pm, when there will be free taster sessions in massage, reflexology, acupuncture, shiatsu and much more.

Said Ola's Claire Ryan: "It will also be an opportunity to check out our new space and the rooms we have available to hire by therapists - ad hoc, half day or full-time bookings. We offer flexible arrangements as low as £4 per hour, backed up by marketing support, in-clinic referral network and a strong online presence."

Find out more at [www.totneschiropractic.co.uk](http://www.totneschiropractic.co.uk) or call 01803 862565.



Franziska Bockenheimer

Chamtrul Rinpoche returns to Totnes from the Himalayas.

## Good for relationships too...

THERE'S a very special benefit of sharing the Metamorphic Technique – it can also transform relationships, as practitioner and teacher Hélène Demetriades, right, experienced herself.

"Two years after learning the Technique and becoming a practitioner, I gave my first session to my elderly dad," explained Hélène.

"We had had a very challenging relationship as I grew up, and in a real sense we had lived 'centuries apart' - he is a Greek from Turkey, born over a century ago now. Gentle touch had never been part of our relationship.

"I had already let go of so much around him when I came to the Metamorphic Technique, and yet when I offered him that first session, something magical seemed to happen between us.

"Suddenly I felt him soften towards me, and a new sense of trust opened up. I remember him talking of a dream he had had



during the war, in which he had 'left his body, was free floating in the air, and everything was golden'. I had never heard my father express such sentiments before!

"Every time I went to stay with him (he lives abroad), I would give him a session and the softening and relaxation between us continued. I have been so grateful in the last two months to have been able to offer him this touch, as in his 103 year his health has rapidly and suddenly deteriorated. He is now coming to the end of his life, bound to a wheelchair and helpless, but I will always remember us sitting out in the gardens in the sun, with him telling me 'to get on with my business' as he offered me his foot!"

Metamorphic Technique is a simple practice consisting of a gentle touch on the feet, hands and head. Hélène's next training course is in Dartington over the weekend of October 3/4. Call 01803 868655 or visit [www.helenedemetriades.co.uk](http://www.helenedemetriades.co.uk).

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