

# Self-Healing@Chesterfield

The aim of this Self-Healing Circle (SHC) is to learn from healing therapies from all cultures.



## Movement

Qigong; Feldenkrais  
Dance

## Heal with

Sound  
Light  
Colour  
Crystals  
Magnets  
Self-massage

## Relax & Enjoy

**Community**  
&  
**YOU**

## Keep Learning

Exercise body and mind  
Reclaim your youth  
Be the new you

## Share Tips on

Coping strategies  
Inspiring themes  
Positive thinking  
Home remedies  
Diet

## Age well

Balance  
Falls recovery  
Laugh with others

## Our meetings are free!

4<sup>th</sup> Thursday of the month, 6.45 to 8.45 pm  
in CHESTERFIELD LIBRARY, New Beetwell Street entrance

Click logo for information on Microgrant from:



[CLICK here for resources](#)

<https://rani.svabhinava.org/PROJECTS/SHC/SHC.pdf>

Email: [graham.mahes+healing@gmail.com](mailto:graham.mahes+healing@gmail.com)

[Past meetings](#)