



**Acupuncture: Traditional Chinese**

James Adams 07513 038 007  
Therese Poon 07785 284 536

**Western Medical**

N. & E. Robinson 01309 671 413

**Alexander Technique**

Alan Massey 01309 691 545

**Aromatherapy Massage**

Alison Leishman 01309 672 864

**Biomagnetism Therapy**

Ada Geddes 07403 808 083

**BodyTalk**

Katharina Kroeber  
07905 499 673

**Counselling**

Jules Petrie 07719 091 083

**Counselling /Couple Couns.**

Michael Hawkins  
01309 671552

**Energetic Cellular Healing**

Celia Forestal Smith  
07883 516 342

**Herbalism**

Fiona McIntyre 07747 010620

**Homeopathy**

Pia Wallace 07934 289 102

**Hypnotherapy & NLP**

Pat Wilson 01309 672338

**Remedial & Pregnancy Massage**

Louise McRitchie  
01343 842 837

**Remedial Massage &  
Lymphatic Drainage**

Janey Tinsley 07900 817 034

**Naturopathy**

Deborah Sutherland  
01309 671413

**Osteopathy, Cranial Osteopathy**

E. & N. Robinson  
Deborah Sutherland  
01309 671 413

**Reflexology & Acupressure**

Grace Pirnie 01309 671 504

**Spiritual Healing & Reiki**

Jutta Geissler 01309 671552

**Zen Yoga**

Pia Wallace 07934 289 102

**All practitioners are insured.**

# HEALTHWORKS

- with mindfulness and simplicity into the New Year

There is something about leaving the old behind and starting afresh. The beginning of the year is an excellent invitation to do just that. Changing habits or behaviours that no longer serve our well-being are worthwhile goals, yet sometimes we need support in pursuing them. Complicated approaches or regulations often don't succeed in the long run and more and more people find an ally in focussing on something simple.

Zen, translated as contemplation or meditation, points to simplicity and if combined with Yoga it allows a coming together of physical alignment, energy and being in the present moment. For Pia Wallace, qualified Homeopath and Zen Yoga Teacher at Healthworks, this practice offers the melting of physical, mental and emotional resistances, allowing to live life more fearlessly and moving closer to inner bliss. She has explored different types of yoga and felt inspired to take it to a new level through her training with Zen Master Julian Skinner. Zen Yoga affects all systems through-out the body including the digestive, respiratory and nervous system, apart from the powerful effect it has on the muscular-skeletal system. Based on the Eastern system of the five elements and seasons in the year, this type of yoga incorporates postures that have an affinity with the meridians associated with the current season. Pia Wallace offers tailor-made Zen Yoga sessions and runs classes at the Forres Community Centre. You can contact her for more info at: [zenyogamoray@yahoo.com](mailto:zenyogamoray@yahoo.com).

Pia is part of an independent and qualified team of health care Practitioners at the Healthworks Centre in Forres, which offers a broad spectrum of complementary and alternative therapies. It is professionally lead, community supported and since many years recognised as a leading provider in complementary health care. Whether you want to engage in Yoga for new balance, or are in need of emotional support or physical treatment, the Healthworks Centre is an excellent address for putting those new year resolutions into practice.



**Christine Hartmann**