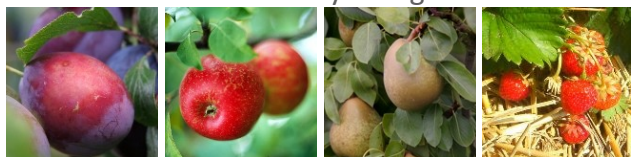


Tasty Morsels (Thermomix) and Fallowfields have held a number of joint events during 2011, which have proved to be very popular. Our joint passion for healthy, fabulous tasting food prompted us to devote a whole day to Healthy Living



Entry Fee **£30.00** for the day

(early pre paid discount £5.00
tel 01865 820416 to book your tickets)

includes tea, coffee, juices on arrival
& a buffet lunch. Ample free parking.

In addition to the talks and Thermomix demonstration 10 experts will be available to guide you and help with natural ways to health and wellbeing.

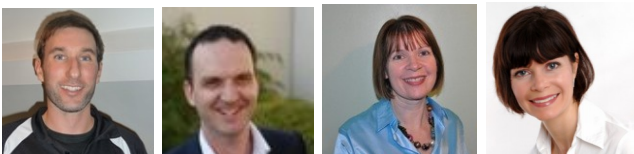


Karen Fredrick

Francesca Aitken

Laura de La Harpe

Viktoria Kovalevskaya

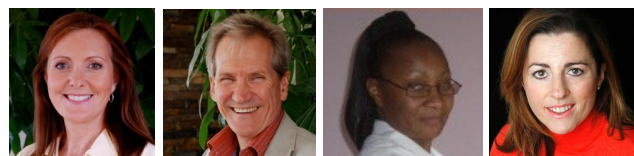


Kieran O'Leary

Matt Pepper

Penny Catt

Caroline Peyton



Enid Taylor

Glenn Taylor

Patricia Anson

Jenny Tschiesche



Program

10.30 Arrival with a welcome drink tea, coffee or juice

11.00 A talk with Dr. Enid Taylor
(www.doctorenidhealth.co.uk)

The Taymount Clinic

Demonstrates the benefits of juicing & a raw diet with Thermomix

12.15 A talk with Jenny Tschiesche
(BSc Hons) DipION FdSC NTC (www.eatlivedo.com),
Talk on nutrition, healthy eating & how to achieve that flat tummy

13.15 Buffet Lunch

14.15 A tour of our farm with Anthony
(optional, please bring suitable outdoor clothing & footwear)

15.00 Seated Yoga class
with Viktoria Kovalevskaya
(please register for this event at time of booking as places are limited)

16.30 Event close



Mannie Babington-Smith

Physiotherapist

Etcom Postural Physiotherapy

www.etcom.co.uk

If you want to be physically comfortable in front of your Thermomix, TV or computer, do any kind of sport in better posture & travel in car, plane or train without feeling sore, then postural re-education is for you!

Karen Fredrick

Colour & Style Analysis

www.houseofcolour.co.uk

Discover the range of colours that best suit your natural skin, hair & eye colour & the clothing that best suits your body architecture, while expressing your personality on the outside.

Laura de la Harpe. Dip ION Fdsc

Nutritional therapist & Metabolic Balance Coach

www.nutritionalbenefits.co.uk

Metabolic Balance uniquely matches your 'body chemistry' with your 'food chemistry' and tells you the nutrients you need to recreate your body's natural equilibrium. In just 12 weeks notable benefits include: weight loss, improved energy & sleep, reduced body fat & a reduction in metabolic age. People are often 15 years older metabolically than their actual age! We turn back the clock with a natural diet that is individually tailored to them

Viktoria Kovalevskaya

Vinyasa and Hatha Yoga

www.sacredflowyoga.com

Viktoria emphasizes the physical as well as spiritual aspect of yoga using strong & soft approaches, encouraging mindful action, presence & breath awareness. Her sensitive & insightful approach to teaching motivates students to improve their physical, mental & emotional conditions.

Francesca Aitken DC

Chiropractor

www.woodstockchiropractic.co.uk

Francesca has also qualified in Network Spinal Analysis (NSA) technique alongside diversified & activator. With this she reaches out to a broad patient base & can tailor her treatment to those who prefer a direct or gentler approach.