Subject: Joyous Isle Newsletter - March 2025
From: Joyous Isle <info@joyousisle.com>
Date: 23/03/2025, 19:07
To: undisclosed-recipients: ;

Joyous Isle Newsletter - March 2025

Contents:

Seva: Acupressure for Stress Release with Jackie May - Saturday 12 April

Process Acupressure training starting in May

Online events:

'Good Points' guided acupressure sessions for self-care - new dates and change of April date

NLP Study Group

Events from other organisations:

Yoga and Meditation with Peter & Jenny Legge

Dorset Earth Mysteries Group

Hello Everyone,

Spring is springing! We had a lovely singing day with Sarah Pennington last Saturday - Sarah will be back with us in the Autumn, date to be confirmed.

Jackie has scheduled an extra date for Seva: Acupressure for Stress Release, on 12 April. As before, the morning will be to learn Seva for self-care and the afternoon for those who want to use Seva to help others, whether that is friends and family, or to integrate into a complementary therapy practice. The afternoon is open to anyone who has already completed part one (self-care).

We are currently confirming dates for Process Acupressure 1A training to start in May. Do let us know if you are interested as we are aiming to choose dates that suit everyone.

All details follow in this email.

Enjoy the sunshine,

Jackie and Jane

Joyous Isle

Seva: Acupressure for Stress Release

with Jackie May

Part 1: Self-Care

Saturday 12 April 2025, 10am - 1pm

The Seva Stress Release is a simple 15-minute treatment which addresses a wide range of needs from general relaxation and well-being to extreme shock and stress.

In this 3 hour workshop you will:

- Learn about the healing and transforming power of acupressure
- Practice techniques to use on yourself
- Take home skills you can use for the rest of your life

This dynamic and interactive course allows the participant to fully experience the Seva Stress release through demonstration and hands-on practice. Course participants learn a unique touch method, various effective acupoints and how to use the treatment for self care.

The workshop is complete in itself for those people wishing to use Seva for Self-Care, or it can lead o

to Part 2, where participants will learn to use Seva to help others.

Venue: Hinton Martell Village Hall, near Wimborne, Dorset, BH21 7HD

Time: 10am - 1pm. Cost: £30

Seva Acupressure Part 2: Working with others

Saturday 12 April 2025, 2pm - 5pm

This simple acupressure formula is an excellent tool for the widest range of needs, including general relaxation or extreme shock and stress. It can be easily learnt, and used by body workers and laypersons alike. Recipients describe a very calming, centering experience.

During the workshop, students will learn how to offer Seva to others. They will experience giving and receiving the Seva/Stress Release and will take home a detailed brochure and a pocket-sized card to use as a guide when offering sessions.

NB: Participants need to complete Seva Part 1 before booking taking this class.

Venue: Hinton Martell Village Hall, near Wimborne, Dorset, BH21 7HD

Time: 2pm- 5pm. Cost £30

Process Acupressure 1A: Foundations
4 day course: Currently booking dates for May/June 2025

This course is approved by the Federation of Holistic Therapists

Our physical bodies hold the archives of our lives. Process Acupressure (PA) is specifically designed to bring consciousness into any symptom, to facilitate awareness of the possible causes and means of releasing these. It addresses whole being health - mind, body, emotions and spirit.

Process Acupressure (PA) integrates traditional acupressure techniques with simple process skills (from Process Oriented Psychology), while supporting the recipient to access, and be guided by, their own inner wisdom.

This course will teach you how to work effectively with energy flow in the body including both meridians and chakras, toward greater balance.

PA can be used for self-help or given to others. It can also be combined with other therapies. For example, our work with the Great Central Channel strengthens the energetic pathway of the spine and is an excellent complement to Acupuncture, Chiropractic, CranioSacral

Therapy, Massage Therapy, and more.

This course can be taken on its own and the work integrated into your practice straight away. It can also be combined with Clinical Acupressure 1 for those who want to complete the Foundation Certificate in Insight Acupressure. For more information, see: https://www.insightacupressure.org/paths

Venue: ***Hinton Martell Village Hall, near Wimborne, Dorset, BH21 7HD***

Cost: £420

Coming in the Autumn:

Clinical Acupressure 1: Basic Applications, with Jackie May

This course is approved by the Federation of Holistic Therapists

4 day course:

This course teaches how to use acupressure to balance and energize the whole body. Demonstration and practice show the application of formulas for all parts of the body, such as the head, neck, back, face, chest, abdomen, pelvis, legs and feet, arms and hands, and many symptoms, such as high blood pressure, constipation, digestive problems, headaches, etc. Participants learn to locate and access more than 35 potent acupressure points. They also receive a clinical handbook and study guide with more than 70 specific acupressure formulas for specific parts of the body and health conditions.

In this 4-day workshop you will:

- Learn to locate and access more than 35 potent acupoints
- Learn techniques to use immediately for self-care and with others
- Experience the balancing and energising power of acupressure
- Receive a book of 70 acupressure formulas for specific symptoms, and overall balancing and energising.

By the end of the course, you will be able to deliver full treatment sessions, as well using Clinical Acupressure as a complement to other therapies.

Venue: ***Hinton Martell Village Hall, near Wimborne, Dorset, BH21 7HD***

Cost: £420

Online events:

'Good Points' guided self-care acupressure sessions

We are continuing to offer free guided self-care acupressure sessions on Zoom. Each session lasts around 20 minutes and they are an opportunity to take some relaxation time for yourself. You will be able to use the release for yourself anytime after the session, as you will receive a handout with details of the points we have used.

These classes are all open to anyone - no need to have any experience or to have attended before. Please email if you would like to be added to the list for the Zoom link.

Dates for Spring/Summer 2025 (all sessions are at 4pm): ***please note change of date for April.***

Sunday 13 April: Seva: Acupressure for Stress Release

Sunday 18 May: Abdominal Release. This can help Appetite abnormalities, Circulation to and from feet, Gall Bladder and
Spleen meridians, Chronic gastritis, Stomach and intenstinal tracts congestion

Sunday 22 June: Back Release. This can help Back pain, Tension, Stiffness, Bladder or Kidney problems, Low Blood Sugar.

NLP Study Groups

Our NLP Study Groups are for anyone who has some knowledge of NLP - don't worry if it's rusty, or if you've only done a taster workshop, as the point of the Study Groups is to refresh and build on knowledge and people will be at all different levels.

Future session topics will be tailored to the group, and there will be plenty of opportunity to ask questions and work with each other as well.

So, why not join us! You can come to all of the sessions, or whichever ones you choose. Times are 10am-12pm. Cost is £10 per session.

Dates for Spring/Summer 2025:

26 April

17 May

5 July

Please like our Facebook pages!

We are not great ones for social media, but we know that it helps us keep in touch with people and to spread the word. It would help us if you could like/follow our

pages
Joyous Isle and **Insight Acupressure UK.** There are two other pages as well, one for the choir that Jackie & Jane both sing in, led by Jane's partner Ray, a lovely accappella choir based in Wimborne: **Jubilate** https://www.facebook.com/ Also, the two community choirs that Jackie runs in Poole and Bournemouth: **Sing Together Community Choirs** https://www.facebook.com/ (Yes, these two links do look the same, but they do seem to work - Facebook is a mystery).
All the choirs welcome new members so take a look and maybe come and join us!

www.joyousisle.com

01202 885294 or 01258 840097

info@joyousisle.com

Events from other organisations:

Yoga and Meditation with Peter & Jenny Legge
Contact: 01258 841190

Dear Friends

Here are the dates for our 2025 Saturday morning meditation and yoga spirituality meetings at Edmondsham Village Hall (close to Verwood.) There are six sessions across the year, from 10 am till 1pm. We hope the dates will be convenient for you.

18 Jan
15 March
14 June
16 Aug
18 Oct
6 Dec

The mornings include gentle yoga movements, relaxation, meditation practice and a talk on a spiritual theme. Time is allowed for a cuppa and catch-up with friends and for Q&A on the theme for the day.

The date for our annual Drubells event is Saturday 26 April 2025, starting at 10am, at Woodlands Village Hall, also close to Verwood. In the morning we take a gentle, silent, meditative walk among bluebells in the local woods, and enjoy a seated ceremony under the trees to celebrate nature. We return to the village hall for a shared lunch and a relaxing afternoon of relaxation, yoga and meditation.

In the past this event has proved popular and we have needed to limit numbers in order to maintain the intimate atmosphere of the occasion, so early booking is advised to ensure a place. The emphasis is on self-nurture, gentle fun, and inner exploration.

Our weekend retreat for those who would like a longer and deeper experience of what we offer is from Friday 11 to Sunday 13 July
at the Open Pathway Retreat Centre in Queen Camel near Sherborne. (Our group last year raved about the

atmosphere, food and facilities.) Please do phone or email if you would like further information. Again numbers need to be limited so early booking is advised.

There is one further potential venture to mention. During the Covid lockdown Jenny and I held weekly zoom meetings introducing the Bhagavad Gita, and a few of our regular attenders have expressed interest in taking this further. The Gita is a personal favourite of mine (Peter speaking!) It has been described as *the science of the soul* and has been studied for millennia across the world. As well as a compelling human story filled with wisdom and teaching, the Gita forms a practical guide to everyday living for millions of people from many backgrounds, cultures and spiritual orientations.

Although still in the planning stage, it's likely that this project will consist of one meeting per quarter on a weekend morning at a venue in East Dorset, with the possibility of an optional consolidation session online depending on interest. Please let us know if you are interested in hearing more about this.

So, a few offerings here that I hope may cater for your interests. Please don't hesitate to call or email if you have questions. Our phone number is 01258 841190. Alternatively, please do let us know if you no longer wish to be on our mailing list.

Costs (negotiable if not affordable)

meditation practice mornings £15
Drubells £30
Retreat - from £270 approx depending on accommodation choice
Bhagavad Gita - to be decided depending upon response

With all good wishes for your ongoing journey.

Peter & Jenny Legge

Dorset Earth Mysteries Group

Contact: : Steve Hawker
01258 881008
07979 853683
steve@blackcap.net

Hi Everyone

Coming Up...

April 3rd 2025
Jamie Arthur Pickup
Creation Myths and How the World Began
Please join us as researcher, historian and author, Jamie Arthur Pickup, explores the story of creation in its purest form. Jamie will explore natural connections between GlastonburyTor, Mount Kailash, the Giza Pyramid Complex, and the pyramids of Tikal and Teotihuacan - from the Alpha to the Omega

May 1st 2025
Paul Craddock
Earth Energies & How to detect them with Dowsing

Paul has published books and newsletters on Geopathic Stress, Earth Energies and Dowsing and has taught dowsing for many years. Paul will cover the different types of Earth Energies you might encounter and how to detect them by dowsing. The physical effects of Earth Energies will also be covered. This will be a practical talk where hopefully you will gain some practical experience and knowledge. You will be able to use these techniques when you are out visiting sites or even around your house and garden.

June 5th 2025
Various Speakers
AGM and Short Talks Night
Members will be presenting a variety of short talks. This evening is open to all, and proved a great success in previous years. If you wish to provide a 20 minute talk, please contact
Steve. Details will be added as the slots are filled. Full Technical help will be given.

July 3rd 2025
Maria Wheatley
Lost Civilisations and Standing Stones
Maria will explore the lost civilisations of the British Isles that had similar burial practises to ancient Egypt and how they created a temple dedicated to the Moon and the Goddess
of Reincarnation, personified as a constellation that was once at the zenith of Stonehenge. Maria also reveals the many diverse types of earth energies that were woven into the site. How the government destroyed a healing stone and infilled another to deface it. Maria discusses lost stone settings and how the royal family stole one of the main stones that once graced the site. The truth is often far stranger than fiction. Maria's research is archaeologically correct and she reveals what the stone circle was once used for showing the mysteries of stone circles near, far and wide and tells you what th