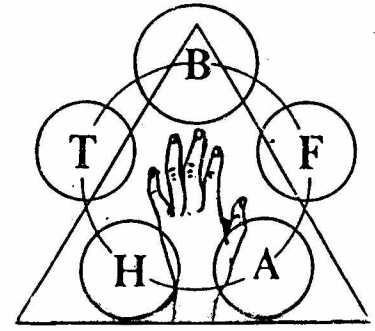

in touch



number 3 june 1983

Attention & Receptive Imagery

Since writing 'Intention and Active Imagery' for In Touch No. 1, I have pursued and developed the use of visualisations in Touch for Health. Some rather exciting things have happened using what I call the 'Receptive Imagery' Technique.

Receptive Imagery consists of holding total attention and openness - which can be facilitated by holding the image of a clear, empty white circle - and allowing oneself to receive whatever image forms - either one's own image, or an image the client may come up with. (I train all my Touch for Health friends now to pay close attention to the images they have during balancing.)

One little boy who came to me recently is a delightful illustration of this technique. He had a persistent, nervous cough which his doctors had treated in vain with pills and potions, finally telling his parents that he would "grow out of it"!

Together we did a 14 muscle balance. During the tests, I asked him what colours he could see, and if any pictures came into his mind. It turned out that he always saw red when he coughed - I began to tell him which elements we were looking at with each test, and again asked him to tell me of any pictures in his head. What we ended up with was a raging fire, a very blunt pair of scissors (metal) and a great tangle of twigs in his throat (wood).

As well as employing the normal strengthening and balancing techniques, I explained to him that the very hot fire was dulling his scissors, and that they were unable to cut through the twigs in his throat. "Oh" he said, "I can take the scissors out of the fire and sharpen them, can't I? Then I'll be able to use them to cut the twigs and I won't cough any more."

So, with instructions to polish the scissors every night before he went

to sleep, off he went balanced, and still coughing.

When I arrived at his house for the next session, a week later, he greeted me with, "Hello, I don't need you today, I don't cough any more"..... and sure enough, his father reported that he had faithfully polished his scissors at bed-time and on the fourth day the cough disappeared and it has not come back.

Linda Rodgers

Touch For Health is...

A system of Health Care.

A simple and effective tool to help the body.

A way to tune the body.

A collection of useful ideas for enhancing health.

A warm and gentle way to help people feel better.

A way to attain and maintain health.

It is fun to use.

Encourages involvement of family and friends.

We can learn to balance ourselves and other people.

Does anyone ALWAYS feel fit, healthy and happy?

Touch for Health is a way to find and correct those things that stop us from feeling healthy and happy.

It is based on the science of Applied Kinesiology, and incorporates a wealth of knowledge collected together from the best of East and West.

ITW.London May 1983.

This looks like being a very hot summer for Touch for Health in Britain. Several events are scheduled which will bring the experience of the TFH Foundation to our country. Firstly, on the last weekend in July, Natalie Davenport and Stephanie Mills will give an update based on the TFH conference taking place in San Diego this month. Then Gordon Stokes, the TFH Foundation Training Director, will be coming to give two weekend seminars in September, and in October, John Thie himself will arrive to give a seminar, meet with instructors, and attend the Association's Annual General Meeting (AGM). (For details of these events see elsewhere in this issue.

My apologies for this June issue not arriving until July - Steph and I thought it would be better to wait until we could give you the whole story on John Thie's visit and the AGM.

Thank you for all your encouraging words on IN TOUCH. We have had two of our articles reprinted in Keeping In Touch for Health, and Brian's lead article in our first issue has appeared in the Touch for Health Times. For simplicity, I shall assume in future that any article sent to IN TOUCH is also available for reprinting in either of these two journals unless I get a note to the contrary accompanying the article.

Speaking of articles, a warm thank you to all of you who have sent them in. Please remember that we would like to hear from each and every one of you, so keep those notices, success stories, ideas etc. rolling in. And if anyone can let us have any photos or drawings relevant or not - the newsletter would be lightened by them : IN TOUCH has so far been rather dominated by the left brain hemisphere, and what is Touch for Health about if it's not balance! Steph and I do hope to get the fourth

IN TOUCH due in September, so please send all contributions to me by September 7th. Note the new address.

The Association Committee has agreed in principle to accept suitable advertisements in IN TOUCH. We haven't decided on rates yet, but you can be sure it will be cheaper if you send in your advertisement in the form described in the guidelines below. Address any enquiries on advertisements to me - we should have decided on prices in the near future.

Note the new, official BTFHA motif on the front cover - thank you Charles Benham, and thanks also to Linda Rodgers for letter setting most of the article headings.

Love to you all - Richard Beale.

Guidelines

Please arrange any article or letter sent to IN TOUCH in the following format:

Typed, preferably 10 characters per inch rather than 12 per inch, single-spaced with a longest line length of 100mm, and as clean a finish as possible.

If you are happy for your handwriting to be printed, as it is, then so are we, but please keep the lines black and solid, and the letters fairly large as we shall reduce it (approx 80%) before printing. Keep to a longest line length of 100mm.

We would also welcome line drawings.

Course details should be typed in the format described in the heading to that section.

Send to: Richard Beale, 4A Princess Rd.
London NW1 8JJ.

New Instructors

The following people completed the Instructor Training Workshop held May 14th to 17th. On behalf of the BTFHA IN TOUCH extends a very warm welcome to each of these new instructors.

- Louise Kimber, 21 Queens Rd., Richmond, Surrey.
- Michael Nightingale, 94 Banstead Rd. South, Sutton, Surrey.
- Pauline Sawyer, 11 Pullman Lane, Bargate Wood, Godalming, Surrey.
- Cathy Pearnman, Tzaneen, Blackhorse Road, Woking, Surrey
- Brian Hampton, 251 Maidstone Rd., Rochester, Kent.

- Jenny Griffin, The Cloisters, 22 College Road, Clifton, Bristol.
- Ron Forrester, 27 Deverill Rd., Warminsters, Wiltshire.
- Pamela Wilkinson, The Beeches, Thurstonfield, Carlisle.
- Peta Humphries, 268 Hobart Road, Hayes, Middlesex.
- Mary Gooch, Goldsmiths, Albourne, Hassocks, Sussex.
- Barbara Dinsdale, 25 Heathland Road, London N16.
- Denis Burke, 31, Lothian Rd., London SW9.

Richard Beale

Remarks from the Chair

As this is likely to be the last "In Touch" before the AGM I thought it would be a good opportunity to say something about the committee's activities in the past year, particularly for the benefit of those who haven't spoken to any of the committee members recently, and may be wondering what on earth we have been up to!

The activity that is most obvious to us all is the magazine you are reading now, but a lot of other work has been going on in the background. Our original intention was to meet 3 or 4 times a year, but in fact we've had to meet every month to 6 weeks. Most of these meetings have been spent on laying foundations; doing things which once done, shouldn't need looking at again for some time.

For instance, we now have 2 leaflets, one on TFH, and one on the Association, which are available to everyone. (It's amazing how much time can be spent on getting the wording of a leaflet so that all the committee are happy with it.) We have cleared up the problems left over from things which happened before the Association was formed, and have proposals to put at the AGM for a simple set of rules for the association, with a separate trading company to handle the sales of books, etc. We are investigating the possibility of printing TFH handbooks in England, which we hope will be cheaper than importing them, and we are in the early stages of organising talks or workshops on various subjects.

Hopefully, most of these things will be sorted out before the AGM giving next year's committee a solid base from which to go forward with the exciting job of publicizing and spreading TFH.

Also, I'd like to thank all the members of the committee for their hard work. Kay has been a marvellously competent secretary, and a lot of organising has fallen on her shoulders. Colin has kept beautifully neat and up to date accounts. He has also made sure that all new members have had a reply and a copy of "In Touch" in response to their sub. Richard, Steph, (and Linda although she's not a committee member) have produced "In Touch". Charles has sent out literature to hundreds of enquirers. A lot of the detailed work has been done by subcommittees of 3 or 4, often meeting several times to complete their task, and sometimes travelling long distances in bad weather to get to the meetings. So thanks too, to Ann, Liz, Isobel, Charles, Colin, Steph and others for all the time they gave. Thanks to Brian too for sparing time from his busy schedule to come to meetings.

Finally, I'd like to say what a happy, constructive, easy to get on with committee it's been, making my job nice and easy. Long may it continue that way.

Geoff Ford

John Thie in London!

Yes, John Thie will be passing through London in October. He will give a seminar all day on Saturday October 8th and then meet with instructors on the next day. To coincide with this wonderful occasion our Annual General Meeting will follow the seminar and then we will move on to a celebration in the evening. All these events will take place at the Mid-Surrey Golf Club which is situated only 5 minutes walk from Richmond Station (London Underground and British Rail Southern Region.)

The seminar will last from 10am to 4.30pm and will cost £25 inclusive of a light lunch. The AGM will start at 5pm and will last we hope no more than one hour. We wish to stress that the AGM is absolutely free, and we encourage all members of the Association to attend even if they cannot come to the seminar. The celebration will start at 7.30pm with a three-course dinner, and will go on until 10.30pm. This will cost £10 and there will also be a cash bar.

I hope all of you will be able to come to meet and learn from John Thie in person. Except for the AGM these events are open to everyone, so encourage anyone you think interested to come. I look forward to seeing you there. For further details and ticket application see the notice accompanying this issue of IN TOUCH.

Richard Beale

London Accommodation During Thie Weekend

I know there are a number of members living in or near London who are willing to put up members from other parts of the country over the weekend of Oct 7/8/9th. I have offered to act as contact point, so will anyone who either wants accommodation or can offer it, please contact me, the sooner the better. Also, please note that British Telecomms has reorganised my telephone number. It is now Cuffley (0707) 873972. This will make no difference to anyone phoning long distance, but the old code from London no longer works.

Geoff Ford.

Balancing with 5 Elements

When working with the law of the five elements, we ask the body by muscle testing where the energy imbalances lie. Then using the principles set out in the Touch For Health book and Gordon Stokes' Five Element Balancing Book, we proceed to work out where to start working.

We base our decision on a logical process. Drawing energy, rather than pushing it, working on the under not the over energy, and working on a Yin meridian where possible, or even using the billiard ball effect. Having arrived at our decision where to start, we apply the techniques for strengthening and invariably we are rewarded with a "balance".

It occurred to me however, that we go by what the body says right up to the last minute, then we use "reasoning" to find where to start. So I thought, why not ask the body?

When you have arrived at your conclusion where you will begin, have the person being balanced touch each of the points of the meridian circuit you have chosen in turn, Neurolymphatic, Neurovascular and Acupressure Holding Point on the meridian, etc, whilst you test all the weak muscles you found with under energy. It appears that if you have selected the correct place to start, all the muscles will test strong whilst the person merely touches the circuit. If you have selected the second best place, then only some of the muscles will strengthen.

This also tells you which point or technique the body needs to balance itself, sometimes it is only one NV which needs attention to achieve the whole balance!

Please check this out when next you are working with the law of five elements, and I would be very interested to have your feedback whether it works for you.

Brian H. Butler.

Vivaxis

People who have found this technique and the magnetic polarity/lunar effects interesting may like to follow them back to source. They are from :- The Vivaxis Energies Research International Society, P.O., B.C., VOR 2YO Canada.

Interesting work going on there, friendly people, books available and newsletter for members.

John White.

Gordon Stokes Seminars - new dates - reduced prices

We are very pleased to announce that because of the response to Gordon Stokes' seminars, that we are able to reduce the price, and we hope this will enable many others who had to think about the cost, to come and benefit from the experience of this remarkable teacher. The first seminar on the 17th and 18th of September will still be on the 17th and 18th September and will now cost £50.00 and the second one on the evening of 23rd September and all day 25th and 26th will now be held on the evening of the 9th September, and then all day 10th and 11th September and will be £60.

The dates have been altered since the last copy of In Touch, and Gordon will now be teaching his Physiognomy course on 9th, 10th and 11th September. In this workshop you will learn about the identification of innate structural and genetic characteristics individual to us all, which are reflected in the facial features. Also how our behaviour is largely programmed from conception. As we understand our instinctive behaviour, we have the power to choose our actions.

The second workshop will be held on 17th and 18th September and will be on an interesting new aspect of Applied Kinesiology.

Both these seminars will be held at the Coburg Hotel. Please let me have your application forms by the July 30th AT THE LATEST.

Brian Butler

Letter to Backsliders

An open letter to backsliders like me - what got me going?. For most of us, the golden glow we felt at the end of our ITW has somewhat evaporated, and our dreams have become grey. We put off scheduling classes and put it off again, inventing all sorts of excuses 'not to'. I tried them all! When the crest of the wave has passed you are pulled down by daily needs and chores, and instead of spreading TFH, it gets stuck - with YOU.

Really it is not so hard! It is just deciding to do it and making sure you put the decision into action. Opportunities seldom come gift wrapped, or with 'Golden Chance' written in lights up above it. You have to create that.

At the end of the ITW we are given useful ideas about starting classes. Here are a few more for you to think

about. My aim in writing this is to start a process that will make it o.k. for every TFH Instructor to have not only health but abundance too. People have the strange idea that if you make money (filthy lucre) you are in some way less virtuous, giving or loving than someone who doesn't. Rot! Remember the parable of the talents? Poverty Doesn't Pay! The more you make or have, the more you can give. Step out of the scarcity paradigm and look at the wealth you have in TFH! What I am suggesting is letting go of old patterns and seeing what will work and actually doing it.

Write a 'to do' list. Only put on that list things you can complete yourself and set a time limit. Everytime you feel you 'ought to' do something, substitute 'want to'. If it fits - do it. If not, arrange some other way of handling it - delegate, rearrange etc. but handle it. Don't get so heavy about it all. Laugh at yourself.

Share with them the excitement you find in TFH. Be able to answer questions like 'what do you do?' and 'what is TFH?' in one minute clearly and concisely. Always carry bump and visiting cards and talk to everyone - both the gossips and the unlikely ones.

Write a list of the local libraries, sports and youth clubs, health shops and saloons, and ensure that they have up to date information about you. Recognise that as a TFH Instructor you are selling your health and aliveness, so make sure you get balanced often and always look good. It is an indication both of self-respect and your regard to TFH. Sloppiness is not neat.

Visualise exactly where your classes will be held - what sort of room, who will be there, what they will be wearing. Be specific. Write a list of the ideal people to have on your class and ask them. They can only say yes or no and realise that the 'nos' are not about you. Tomorrow it may be yes from the same people.

Lastly, ask yourself the following questions, and be truthful - Do I have crystallised thoughts? Have I a plan for the attainment of these thoughts? Have I a burning desire to achieve these thoughts? Do I trust my abilities to achieve these thoughts? Whatever your belief system is it will win every time - for "as man thinketh, so is he". You can make it hard or easy for yourself, the choice is yours, but the moment one commits oneself, then providence moves too. The truth is that what you are feeling now is not scaredness, but suppressed excitement! So go on - choose dates, schedule classes. Have fun! Share love, laughter, TFH and abundance! Don't deprive yourself any longer.

Touch For Health...

Is a way to enhance your health and well-being.

Helps you find your optimum dietary needs.

Assists development of improved posture.

Enables you to look and feel better.

Balances body energy flow.

Releases energy blocks which impair function.

Provides a way to check your day-to-day vitality.

Reveals weaknesses you did not know you had.

Explains ways to rectify weaknesses & imbalances.

Suggests ways to eliminate allergens from your diet.

Gives positive help in preventive health care.

Offers natural ways to deal with emotional stress.

Profoundly assists the body to heal itself.

Enhances vascular circulation.

Improves lymphatic flow and drainage.

Makes muscle balancing easy.

Uses touch, pressure points, & specific massage.

Teaches ways to relieve pain.

Creates an opportunity to show love by helping each other to enjoy our lives more by being healthy.

Touch For Health is not...

A substitute for professional health care.

Against Doctors.

A way to "cure" anything.

Used to treat disease.

The only way to improve health.

Faith Healing.

For hypochondriacs.

Dangerous in any way, even in untaught hands.

Teaching TFH through your LEA

When I discovered that my flat-mate's mother was attending a course in Alternative Medicine at a local Adult Education Centre I thought this was worth pursuing. I discovered that the person running the centre had already taken two Touch for Health courses with Brian Butler and that an evening lecture/demonstration was already planned. The lecture stimulated a great deal of interest (thank you Brian) and I was asked to follow it up with a one day introductory workshop which was attended by eighteen people.

The centre organiser and I hastily planned a basic evening course (six two hour classes) which I have just completed. We put together a publicity leaflet which was circulated in public libraries around three neighbouring London Boroughs, in several other Education Centres and advertised in the magazines City Limits and Time Out, which was all financed by I.L.E.A. Consequently on the first evening twenty people had enrolled and over a dozen had to be disappointed and put on the waiting list!

It was hoped to follow on immediately with Level 2, but due to I.L.E.A.'s "no growth" policy this will not be possible until the September term, when I will also teach another Level 1 class. Meanwhile the students are able to use the premises on the same evening for a further 6 weeks for a practice workshop, which I will join whenever I can. I am also repeating the one day introductory workshop on June 11th.

The Chequer Centre is a very lively, welcoming place and is used by a wide range of people. Of the group I have just taught, the majority are unwaged - i.e. unemployed, pensioners, single parents, students, etc. I have been thrilled with the amount of interest and have thoroughly enjoyed teaching there and meeting the other tutors. The facilities are good and the staff friendly and flexible. If like me, you sometimes find organising, publicising and teaching classes an onerous combination, to have some of it done by other people can be quite a relief.

The reason all this happened so easily was that the centre organiser had already laid the groundwork by having sought and gained approval for a course in Alternative Medicine, which includes many other therapeutic, preventative and self-help methods of health care. Therefore approval to pay me to teach Touch for Health was slipped in and accepted under that banner. I am told that before long I may have to be interviewed at City Hall and asked to explain what Touch for Health is and my qualification to teach it etc. This meeting of Touch for Health principles

and bureaucracy could be a bumpy ride, but an interesting one.....!!

I expect the attitudes of different Education Authorities vary, but on the whole I would think approaching local centre organisers rather than their head office might be the most fruitful way to start.

I would like to see Touch for Health freely available within our education system - if we start with the adults, hopefully, in the future it will be taught in the schools too. After all, isn't Touch for Health an education in itself?

Isobel Stevenson

Leaflets for All

The leaflets explaining Touch for Health are now available for anyone to order. Many thanks to Geoff Ford, Stephanie Mills and Isobel Stevenson who are mainly responsible for putting together the text. The leaflet is A4 folded in three and has a space on the back where individual instructors may put their own details. Due to a ridiculously large print run and a lot of effort by Charles Benham, we are able to offer these leaflets at only £2.50 per hundred (including postage and packing!) Order them from Liz Andrews at 13, Gunnersbury Gardens, London W3. Liz is also willing to send free samples if you enclose a suitably large stamped addressed envelope.

Richard Beale

Instructor Listings in the Times

The Touch for Health Times, an international newspaper produced by the TFH Foundation has a listing of all active instructors. If you wish to be included on this list you must meet the following criteria: completed an Instructor Training Workshop or Update within the last two years, or continued actively in teaching since your last instruction (as evidenced by the presentation of class rosters to the Foundation of at least 10 students per year); be actively teaching at the time of issue (sending rosters or submitting dates of future classes); have your Instructor membership in the Foundation currently paid-up; and teach only authorized TFH material in your classes.

Write to the TFH Foundation, 1174 North Lake Avenue, Pasadena, California 91104 if you wish to be on this list.

British Touch For Health Association

Directory

I denotes an active Touch for Health instructor
 P denotes a health care practitioner using Touch for Health/
 Applied Kinesiology techniques.

Faculty Member for Great Britain			
Brian H. Butler	39 Browns Road, Surbiton, Surrey.	399-3215	I P
Professor A. Andreasen	46 Harvey Goodwin Avenue, Cambridge.		I P
FRS(E) FRCE(E) FICS		0223-354977	
Remedial Medicine Consultant to the British School of Osteopathy.			
Liz Andrews	13 Gunnersbury Gardens, London. W. 3		I P
		992-8119	
Richard Beale	4A Princess Road, London. NW 1	722-2373	I P
Charles Bennam	29 Busney Close, High Wycombe, Bucks.		I P
		0494-37409	
Colin Benson	The Gables, Whitchurch, Hampshire.		
		025-682-3366	
Paul Blakey	The Smithy, Alkington, Whitchurch, Salop		I P
		0948-3434	
Leslie K. Bollard	1312 Hasnkedim St. Tivon	36000 Israel	
		04-932-444	
Lin Bridgeford	Garden Flat, 18 Ceylon Road, London W.4		I P
		603 0652	
Anna Brokling	4 High Trees Court, Manor Court Road,		I P
	Hanwell, London W. 7	579-7253	
Denis Burke	31 Lothian Road, London S.W. 9		I P
Roy Cambridge	14 Louchrigg Meadow, Ambleside, Cumbria.		P
	Ambleside	3642	
Janet Chiffey	Woodlands, Bottom o'th' Moor, Harwood,		I
	Bolton.	Bolton 25282	
Erica Crampton-Griffiths	Avoca Lodge, 6 Oakley Road, Ranelagh,		I P
MFPphys. Phys E.Th, B.Sc.	Dublin 6, Eire. and c/o 443 Springfield Road		
	LT Phys LCSP	Belfast 221649	
Natalie Davenport	Greystones, Three Gates Lane, Haslemere ,		I P
	Surrey.	0428-54113	
Eric Duncan	76 Deepdale Road, Preston, Lancs.		P
		0772-21056	
Penny Edwards and Dr. Ray Edwards	72 Great North Road, East Finchley,		P
	London N.2 ONL	340-3924	P
John English	44 The Drive, Northwood, Middlesex.		
		Northwood 23852	
Geoff Ford	13 Inrush Lane, Cuffley, Potters Bar,		I P
	Herts. EN6 4JU	0707-873972	
Ron Forrester	27 Deverill Road, Warminster, Wilts.		
		0985-213201	
Jackie Gilnam	Old Upnam, Leddington, Nr. Dymock, Glos.		
		Dymock 053185-257	
Jenny Gove	57a Fairholme Road, London. w. 14		
		381-1522	
Jenny Griffin	The Cloisters, 22 College road, Clifton,		
	Bristol.	0272-731159	
Brian Hampton	251 Maidstone Road, Rochester, Kent.		
		0634-401892	
Ann Holdway	78 Castlewood Drive, Eltham, London. S.E. 9		
		856-7717	
Frank Jones	3 Burnside, Polegate, East Sussex. BN26 5AW		
		03212-4474	
Peter Konig	Cluny Hill College, Findhorn Foundation,		
	Forres. IV36 0T7	0309-72288	
Judith Lea	25 Rectory road, Barnes, London. S. W. 13		
		878-3768	
Bernard Letch	11 Graydon Avenue, Cnchester, Sussex.		
		0243-788154	
Kay McCarrol	Flat 3, 37 Brondesbury Road, London N.W. 5		
		328-7690	
Robert McGhie	84 Kingswood Road, London S.W. 2	674-4612	
Christina Marie	Summerlands, 52 Heslington Road, York. YO1 5AU		
		0904-27797	
Halcyone Marsn	24 Marley Avenue, New Milton, Hants.		
		0425-61204	
Angela Marshall	Taunton Farm, Taunton Lane, Old Coulsdon,		
	Surrey.	668-8791	
Bernard Miller	23 Highbury Park, London. N. 5	359-8861	
Stephanie Mills	c.o 39 Browns Road, Surbiton. Also at 56		
	Warren Road, Guildford, Surrey.	66878	
Mary Mulder	1 Barrington Road, Altrincham, Cheshire.		
	WA14 1HQ	061-928-4593	
Allan Oakman	22 Fairwood Road, Dilton marsn, Westbury,		
	Wilts.	0373- 822074	
Sneila O'Snea	49 Highways Avenue, Buxton, Chorley.		
		Chorley 62202	
Romy Paine	27 De Freville Avenue, Cambridge. CB4 1AW		
		Cambridge 354734	
Cathy Pearman	Tzaneen, Blacknose Road, Woking, Surrey.		
		Worplesdon 232030	
Mo Ponton	18 Longlands Court, Longlands Road, Sidcup,		
	Kent.	302-2487	
Isobel Rapley	21 Sussex Drive, Pagnam, W. Sussex.		
		Pagnam 66114	

Linda Rogers	The Laurels, Church Street, Gawcott, Bucks. 0280812459	I	P
Ivor Sayer	The Vicarage Natural Health Centre, East Claydon Old Vicarage, East Claydon, Nr. Winslow, Bucks. Winslow 2515*	I	P
Norman P. Seager	29 Priory Road, Portbury, Bristol. BS20 027-581-3359		P
Roy Smith	3 Rockcliffe Gardens, Whitley Bay, Tyne & Wear. 0632-534389	I	P
Isobel Stevenson	Flat A, 217 Blackstock Road, London N.5 359-0518	I	P
Adrian Stoddart	41 Southfields Road, London. S.W. 18 874-4125		P
Dennis Thomas	Oasis, 2 South Road, Portncawl, Mid- Glamorgan. 065-671-6276	I	P
Jane Thurnell-Read	9 Duncan Road, Richmond, Surrey. TW9 2JD 940-2292	I	P
Walter Truman-Cox	1 Gentian Close, Nortonfield, Birmingham. B31 1NN 021-475-4359	I	P
Marek Urbanowicz	Flat 1, 43 Brunswick Road, Hove, Sussex. 0273-202221	I	P
Seija Virtanen	5 Courtleigh Avenue, Hadley Wood, Herts.		I
John & Heather White	1 Whitstable Close, Beckenham, Kent. 650-2566	I	P
Kathy Andersen	Flat 1, Seaford Court, 220 Great Portland St. London. W.1 388-3928		
David Bennington	29 Marford Roadway, Eastcote, Ruislip, Middx 866-9655		
Marion Boyce	591 Harrow Road, Wembley Middx. 902-6267		
Beverley Curl	The Laurels, Church Street, Gawcott, Bucks. 0280812459		
Doreen Flynn	Pippins, Hants Hill Lane, Napnill, High Wycombe, Bucks. Napnill 3387		
Jeremy Gilbey	52 Porchester Road, London. W. 2 727-7722		
Hugh Lennon	12 Fabian Road, Fulham, London S.W. 6 385-5628		
W.A. Loran	31 Southfield Road, Bedford Park, London W.4		
Mrs V. Lynch	11 Telford Court, Clendon Road, Guildford, Surrey. 0483-62204		
Michael Mann	MGM, Dedworth Road, Oakley Green, Windsor. Windsor 65348		
Oriol Mayo	4 Orchnards Way, Highfields, Southampton. Southampton 558333		
C. McCloskey	29 Gladstone Street, Parlington, Co. Durnam. Parlington 65096		

Ian Miller	11 Stringers Avenue, Jacobs Well, Guildford, Surrey. 0483-65080
C.M. Penn	40 Crawford Road, Hatfield, Herts. AL10 OPE Hatfield 74148
Ingrid Royle	126 Kingston Road, Oxford. 0865-56618
Jill Russell	4 Maners Way, Cambridge. CB1 4SL
Barbara Schneyc	19 Sussex Gardens, Chessington, Surrey. 397-6958
Mrs. S. Turner	Hillton, Culrain, Ardgay, Rosshire, Scotland. 054982-2248
June Whitenouse	5, Meadow Walk, Bourne End, Bucks. SL8 5TP Bourne End 23511

Schedule of Courses

FOUCH FOR HEALTH COURSES

TYPE OF COURSE	DATES	VENUE	INSTRUCTOR/S
Basic	July 6,13,20,27(Evenings)	Cambridge	Romy Paine
Basic	July 9,10	Sevenoaks	Isobel Stevenson
Basic	July 30,31	Cambridge	Romy Paine
Basic	August 13,14	Manchester	Lin Bridgeford
Basic	August 14,21	High Wycombe or N.London	Charles Benham
Basic	September 3,4	London	Liz Andrews
Basic	September 3,4	London	Brian Butler
Intermediate	September 18,25	High Wycombe or N.London	Charles Benham
Advanced	September 7,14,21,28(Eve)	Cambridge	Romy Paine
Intermediate	September 28 & 5 other Wednesday evenings	London	Isobel Stevenson
Intermediate	October 15,16	Cambridge	Romy Paine
Certificate (Residential)	October 23-29	Mickleton, Glos.	Liz Andrews & Charles Benham
Basic	October 22,23	Manchester	Lin Bridgeford
Basic	November 9 & 5 other Wednesday evenings	London	Isobel Stevenson
Basic	November 12,13	Cambridge	Romy Paine
Advanced	November 13,20	High Wycombe or N.London	Charles Benham
Basic	November 14,21,28,Dec.12	West London	Liz Andrews
Basic	November 19,20	West London	Brian Butler
Intermediate	November 19,20	Manchester	Lin Bridgeford

OTHER TFH AND RELATED COURSES

COURSE	DATES	VENUE	INSTRUCTOR
San Diego Update	July 30,31	London	Natalie Davenport & Stephanie Mills
Applied Kinesiology Workshop	August 19-21	West London	Liz Andrews
Applied Kinesiology Seminar	August 26-29	To be announced	Brian Butler
Instructor Training Workshop	October 15-23	"	Brian Butler
Bio-Kinesiology Seminar	March 25-31,1984	Mickleton, Glos.	(Liz Andrews)