

The view from the AGM / Study Day

Our AGM was held on November 4th in Birmingham, at the very friendly Woodbroke College. We were well fed and watered in a beautiful setting and had a lively time.

18 of us gathered for the formal business of receiving the year's accounts and hearing how the year had progressed. Sally Alexander chaired the proceedings. Business successfully completed, we moved on to our presentations.

First up was Karen Way talking about the Vagus Nerve - it is the longest nerve in the body. It connects brain to heart and gut and all the other organs along the way. Its significance lies in the huge amount of information that it carries between the organs. It is also a part of the parasympathetic nervous system and its healthy functioning means that we can relax faster after stress. We then put our Vagus nerves to the test and worked with each other so we could achieve a balanced Vagus nerve.

This was only the beginning of a thorough overhaul of our digestive systems. Next we heard about working with the Ileo-cecal valve and the Houston rings from Judith Hart and ChaNan Bonser. And we had good practice time to check that our digestive valves and rings were in good shape.

After lunch Carrie Jost presented information on the Gut and its flora and fauna, called the gut microbiota. We learned that keeping the gut happy is the best way to find health and wellbeing. The gut is a brain - the Second Brain - and has millions of neurons embedded in its wall. It is the major organ of immunity and each little bacteria in the gut - there are trillions - has DNA. Then we worked with balancing the gut and its microbiota.

We finished with looking at our balanced state in relation to a set of business terms - including money, profit, sales and marketing. Jo Stewart presented this and helped us through the difficult process of recognising that as self employed practitioners and teachers we are actually business people. Something a lot of us find hard to take on board! The priority word for the group was SALES - a key area for development.

Everyone agreed that it had been a very good day - and we have had great feedback about the benefits received from the balancing we did. After all we are practitioners first and foremost and having time to learn and practice is what we all love.

Next year's AGM & Gathering on October 19th-21st will be in Somerset at the Ammerdown Centre. Please come - you will have fun and learn a lot as well as receiving some great balancing work for yourself.

We have a Super Early Bird offer of a £40 reduction in the full price if you register before December 31st We'll look forward to seeing you then!