

Manor Events presents the:



Saturday 14th January 2012, 10.00am – 5.00pm
Riviera International Centre, Torquay

Timetable

THE FORUM (Ground Floor)

12:00 to 12:30

Devon Fit Camp - drop a dress size in 28 days or your money back!

Fit Camp Taster Session

This is a golden opportunity to meet some of the team from Devon Fit Camp. They want to help **YOU** get into the shape of your lives, turbo charge your energy levels and feel confident about your body. Devon Fit Camp is for action takers who want to get into fantastic shape and feel amazing. They are NOT a Bootcamp, so there are no whistles or military style shouting! www.devonfitcamp.co.uk

Free Participatory Session by Devon Fit Camp – Places are Limited and allocated on a first-come-first-served-basis.

12:45 to 13:15

Just Jhoom!

Bust some Bollywood Moves!!

A fantastic workshop starting with a warm-up, a few fast-paced routines set to Bollywood blockbuster tracks and a yoga-inspired cool-down. Perfect for those of you who don't want to worry about remembering a dance – but just want to dance! www.justjhoom.co.uk

Free Participatory Session by Just Jhoom – Places are Limited and allocated on a first-come-first-served-basis. All abilities welcome – choreography is kept simple!

13:30 to 15:00

Camilla Dallerup - Star of Strictly Come Dancing

NLP Talk + Dancercise Class

Camilla is a NLP Master Practitioner Coach and this is an amazing opportunity to hear about the benefits of NLP (neuro linguistic programming) and how it actively uses your mind and your emotions and your body to run your own life more successfully. After her talk, participants will be treated to a dancercise class to help boost the metabolism and show how fun fitness can be!

£7.50 + Show Entry. Buy online or call the Box Office on 01803 206333.

15:30 to 17:00

James Crossley - "Hunter" from Gladiators

Introduction to Tabata + Tabata Class

James has carved a successful career post Gladiators as a personal trainer and owner of gyms in London and Europe. He will be coming along to talk about Tabata interval training which turns the conventional ideas about fitness on its head. Tabata interval training is the single most effective type of high intensity interval training, it's also the most intense by far, and surprisingly it's the shortest in duration, it only last for twenty minutes... broken down to intervals of 20 second work 10 seconds rest 8 times over 4 sets. After his talk, he will be leading a Tabata class to show you what it's all about.

£7.50 + Show Entry. Buy online or call the Box Office on 01803 206333.

LIVE DEMONSTRATION AREA (Ground Floor)

- 10:30 to 11:00** **Bodytone – South Devon College**
Toys and Tools for ultimate toning
Enjoy watching this fun high impact work out designed to help tone those muscles and get a sleeker fitter body!
Free Participatory Session by South Devon College – Places are Limited and allocated on a first-come-first-served-basis.
- 11:00 to 11:30** **Martial Arts for Kids – with Matt Fiddes Martial Art School**
Interactive Kids Session
Martial Arts are a great way for kids to get in shape and learn valuable life skills such as discipline, respect and manners. Children up to the age of 16 are invited to come along and have a taster session and see how fun getting fit can be! www.mattfiddes.com
Free Participatory Session – Places are Limited and allocated on a first-come-first-served-basis.
- 11:30 to 12:00** **Zumba! – South Devon College**
Latino Dance Party!
The new craze hitting the UK! Watch us as we crank up the Latino Rhythms and dance to samba, mambo and merengue to help burn the calories and have a party at the same time!
Free Participatory Session by South Devon College – Places are Limited and allocated on a first-come-first-served-basis.
- 12:00 to 12.30** **Yogalates – South Devon College**
Ultimate fusion of mind and body fitness
Integrating pilates and hatha yoga, get ready to stretch your muscles and get a sleeker, leaner body without pounding the treadmill!
Free Participatory Session by South Devon College – Places are Limited and allocated on a first-come-first-served-basis.
- 12.30 to 13:00** **Circuit Training – South Devon College**
Peak performance, strength & conditioning!
Free Participatory Session by South Devon College – Places are Limited and allocated on a first-come-first-served-basis.
- 13:00 to 13:30** **Children’s Fitness – South Devon College**
Helping to get kids active
A fun class to get kids into the fun of exercise! Suitable for KS1 & KS2 pupils.
Live Demonstration by South Devon College – ideal for parents to see what activities their kids could do to stay fit and healthy!
- 13:30 to 14:00** **Exercise to Music – South Devon College**
Hi/low old skool moves!
Relive the golden music of the 70’s & 80’s and get the blood pumping at the same time!
Free Participatory Session by South Devon College – Places are Limited and allocated on a first-come-first-served-basis.
- 14:00 to 14:30** **Just Jhoom! – Just Jhoom**
Bust some Bollywood Moves!!
A fantastic workshop starting with a warm-up, a few fast-paced routines set to Bollywood blockbuster tracks and a yoga-inspired cool-down. Perfect for those of you who don’t want to worry about remembering a dance – but just want to dance! www.justjhoom.co.uk

Free Participatory Session by Just Jhoom – Places are Limited and allocated on a first-come-first-served-basis. All abilities welcome – choreography is kept simple!

14:30 to 15:00

Devon Fit Camp - drop a dress size in 28 days or your money back!

Fit Camp Taster Session

This is a golden opportunity to meet some of the team from Devon Fit Camp. They want to help **YOU** get into the shape of your lives, turbo charge your energy levels and feel confident about your body. Devon Fit Camp is for action takers who want to get into fantastic shape and feel amazing. They are NOT a Bootcamp, so there are no whistles or military style shouting! www.devonfitcamp.co.uk

Free Participatory Session by Devon Fit Camp – Places are Limited and allocated on a first-come-first-served-basis.

15:00 to 15:30

Martial Arts for Kids – with Matt Fiddes Martial Art School

Interactive Kids Session

Martial Arts are a great way for kids to get in shape and learn valuable life skills such as discipline, respect and manners. Children up to the age of 16 are invited to come along and have a taster session and see how fun getting fit can be! www.mattfiddes.com

Free Participatory Session – Places are Limited and allocated on a first-come-first-served-basis.

SEMINAR ROOM A (Ground Floor)

10:45 to 11:15

Reflexology – with Helen Fox

Working with reflex therapies

Helen will talk about the origins of reflexology, how it works and what it can do to help achieve a healthier body and mind.

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

12:00 to 12:30

Neal's Yard Remedies – Jayne Chanter

Skincare

Jayne will talk about the importance of organic skincare to be healthy from the inside out, and how essential it is to look after your skin. www.uk.nyrorganic.com/shop/jayne-chanter

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

12:45 to 13:15

Eat to beat depression – Trinity Holistics

Nutrition

'Eat to Beat Depression - The Happy Brain Plan' will let listeners into what happens in the brain and body when we suffer from depression, and what we can do to nourish our grey matter by choosing certain foods and nutrients, correcting imbalances and helping us back on the road to a happy brain. It's the natural way to beat the blues and keep them at bay! www.trinityholistics.co.uk

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

13:30 to 14:00

Top Ten Healthcare Tips – Coralline Health

Healthcare

We will focus on how to access the best available healthcare in the southwest when it is needed and will include making the most of the NHS, ways to pay less for your dentistry, optical care and therapies and how to access private healthcare for prompt treatment..we will keep it very light-hearted and humorous... www.corallinehealth.co.uk

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

14:15 to 14:45

Posture Perfect! – Align Chiropractic

Bodycare

The importance of posture and how it influences your health and body functions. We will be doing posture demonstrations and allowing the public to learn how to check for good posture.

www.alignyourhealth.co.uk

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

15:30 to 16:00

Suaura Sound Sacred Sound Healing - Debbie Walker

Bodycare

It is my pleasure to share the world of vibrational energy healing in the form of tuning fork sound therapy. By using sound vibration to balance your mind and body, this may allow your spirit and Soul to find their own unique true pathway. When this occurs the emotional reason for holding onto a condition or illness may well be realised and then released, thus allowing for better health.

www.suarasoundhealing.webs.com

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

SEMINAR ROOM B (Balcony)

10:45 to 11:15

Weight Loss – Presented by Chris Fleet

How hypnotherapy can help weight loss

The average person consumes 7000 calories in the UK, hypnotherapy can help you refrain from taking in more from comfort eating or eating out of boredom. Chris Fleet will show how you can lose weight!

www.fleethypnosis.com

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

12:00 to 12:30

Nutrition – Julie Sargent

How important is it to eat healthily?

Julie will talk about how the food we choose to eat can affect our well being and will explain the sort of food we should be eating to keep our bodies in tip top condition. www.jtnutrition.co.uk

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

12:45 to 13:15

Quit Smoking – Presented by Chris Fleet

How hypnotherapy can help YOU quit smoking

You know that smoking harms but why do some people persist? Is it really all about physical addiction or is it more about psychological addiction? Chris Fleet will explain how hypnosis can help.

www.fleethypnosis.com

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

13:30 to 14:00

Chiropractic – Essential Chiropractic

A chiropractic approach to musculoskeletal function

Progressive coaches, athletes and doctors are realising that long term pain-killing drugs are not the answer. They merely cover up the symptoms, deceiving the athlete into actions that could make the injury chronic or potentially more serious. A balanced musculoskeletal system allows for greater flexibility and contraction of muscles, increase in joint range of motion and less nervous system interference with better co-ordination and balance as a result. Therefore allowing for a greater ability to perform at your optimum!

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

14:15 to 14:45

Motorcise

Exercise for the over 40's and for people with disabilities

Jenny will lead a talk on how exercise can benefit the older and those with disabilities or weight issues. Using revolutionary assisted exercise machines, motorcise gyms can help people with joint problems, heart disease and people who are sensitive about their weight and anyone who feels intimidated by a "normal" gym. Come and find out how you can be fit too! www.motorcise-torbay.co.uk

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

15:30 to 16:00

Phiharmonics – Lucy Blyth

How to stay energised throughout the day

Lucy explains how our modern wired world can lead to us feeling fatigued and lacking in energy and the steps we can take to make sure we feel full of energy to face each day! www.phiharmonics.com

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

SEMINAR ROOM C (Balcony)

10:45 to 11:15

Rachel Bolton

Helping yourself

We can all make a difference if we take a few steps to help ourselves. Find out how by taking care of yourself you can benefit others too! An interesting and informative talk.

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

12:00 to 12:30

Proto-col Health

Collagen & Green Magic!

Join Ellie as she talks about the importance of nutrition and the role it plays in creating a healthy body and mind. She also discusses the types of supplements available on the market to help ensure your body receives the right nutrients it needs to function correctly. www.proto-colinbusiness.com

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

12:45 to 13:15

Body Psychotherapy – Janet Astle

Listen to your body!

Sometimes people struggle with the usual 'talking' therapies such as counselling and psychotherapy, not really knowing how they feel apart from possibly feeling 'stuck' and those with deeply buried issues which seem difficult to treat. Bodywork can be very effective for those with this "stuckness" and deeper issues. Body Psychotherapy is a method of helping clients to keep a balance in life by means of listening to their bodies and staying grounded. www.gaiaplace.co.uk

Free Seminar – seats are limited and allocated on a first-come-first-serve basis.

13:30 to 14:00

Qigong – Wilf Koch

Ancient Chinese Meditation

Qigong Workshop.....come and experience a relaxing and energising workshop of gentle exercises that are 5000 years old. Suitable for all. www.sunrisemagic.co.uk

Free Workshop – seats are limited and allocated on a first-come-first-serve basis.

14:15 to 14:45

Powertube – Sarah Koch

Anti-Ageing and Detoxifying!

Powertube a Medical Device with over 11 years medical research...a New Technology from Switzerland that gives relief and overturns chronic and painful conditions. Excellent for stress relief and for Body detoxing. Anti-aging and Regenerative properties too. Works at a Molecular and DNA level through frequencies and sonics. www.sunrisemagic.co.uk

Free Workshop – seats are limited and allocated on a first-come-first-serve basis.

15:00 to 15:30

Aloe Vera – Elizabeth Rhodes

Improved Health

Elizabeth will talk about the properties of Aloe Vera and how it can improve your health.

Free Talk – seats are limited and allocated on a first-come-first-serve basis.

15:45 to 16:15

Eating for health – Louise Pen-Collings

Sensible eating choices

Join Louise as she gives tips on making sensible choices when eating to give optimum energy for your body and how healthy eating can still be tasty! www.elitenutrition.org.uk

Free Talk – seats are limited and allocated on a first-come-first-serve basis.

SOUTH DEVON COLLEGE PAMPER ZONE (Balcony)

10:00 to 17:00

Hand Reflexology

A handy way for dealing with aches and pains!

Hand Reflexology is perhaps, not so well known as Foot Reflexology in the UK, yet it is equally effective in relieving stress and tension, balancing the body and improving nerve and blood supply.

Free 20 minutes tasters – come along and enjoy.

10:00 to 17:00

Back and Shoulder Massage

Pressure point massage to help ease stresses and strains

After all the hard work of the exercise classes, why not come and have a free pressure point massage to help relax you and set you on your way to a new, healthy 2012! **Performed fully clothed.**

Free 20 minutes tasters – come along and enjoy.

SOUTH DEVON COLLEGE COOKERY DEMONSTRATIONS (Ground Floor)

10:00 to 17:00

Join the chefs from South Devon College as they demonstrate how easy and quickly you can cook delicious healthy and nutritious meals.

Cookery demonstrations are FREE and run throughout the whole day!

YOGA & PILATES ZONE (Balcony)

10:00 to 17:00

Join Sally Parker from Body Control Pilates and Jessyka Huynh from Body, Mind, Fitness at various times throughout the day as they demonstrate how pilates and yoga can benefit your health.

Please see them at their individual stands for specific times.

Free Participatory Sessions – Places are Limited and allocated on a first-come-first-served-basis.

Please note: whilst every care and effort has been taken to ensure that this timetable is accurate and up-to-date, it is subject to change and availability.