

From Womb to World Following her path

Last Thursday, The Clayton Hotel played host to Aisling Connolly as she launched her book and CD programme aimed at empowering women during pregnancy and birth called 'Enlightened Birth: From Womb to World, Optimise Your Babies Womb Life and Experience the Calm, Positive Birth You Both Truly Deserve'.

At the launch, Michael O'Doherty, bestselling author of 'Just Imagine - A life Without Illness' and co-founder of the Plexus Healthcare System, said, "Scientific studies prove the overwhelming influence womb life and birth experience can have on baby's future health. Aisling's unique program provides expectant mothers with the information and guidance needed to create and maintain a healthy womb environment and prepare themselves for a positive birth".

Sharing her own experiences and knowledge is what originally inspired Aisling to develop the program. "As a mother of four, I understand the uniquely feminine experience of pregnancy and birth; the overwhelming joy and bond that a mother feels from the instant she finds out she's pregnant to those first precious moments when she holds her baby. Every pregnancy is different and every birth is different; every woman will have her own personal understanding of what a positive birth means to her. Birthing in this way is an extremely empowering experience. But I know that this isn't always an easy expectation, many women are anxious about parenthood and have fears about birth. This program is about addressing these stresses - it is designed to empower women to have a positive calm pregnancy



Aisling Connolly, author of 'Enlightened Birth - From Womb to World', pictured with Michael O'Doherty, best selling author and co-founder of the Plexus Healthcare System. Photo: Joe Travers

and birth, which is what both mother and baby truly deserve," explained Aisling.

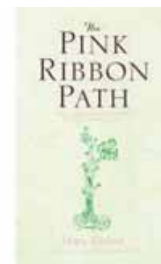
More information

about Aisling and her program - comprising of a book and series of three CDs - is available at www.MyEnlightenedBirth.com.

The Pink Ribbon Path is a book of prayers, reflections and meditations for women with breast cancer written by Mary Ussher during her own cancer journey.

The message "We can be ill, yet whole" is strongly emphasised throughout the book, which features honest and beautiful thoughts and poems from Mary as she was experiencing the different stages of diagnosis and treatment for breast cancer.

The book takes note of how, following a breast cancer diagnosis, a woman's life drastically changes to become a whirlwind of new information, scans, blood tests and side ef-



fects. It is easy to become lost in the challenges of this disease while striving to still live as normal a life as possible. Mary writes about the support of her family, her friends, hair loss, and the faces of other patients in the room as they were undergoing chemotherapy treatment.

Mary's message is a message of hope at the

possibility of finding inner wholeness in this tumultuous time. Mary writes about her emotions at each stage of her journey and about how her journey took a turn inwards and allowed her to explore her inner, true self.

This book offers an exploration within for women with breast cancer. It comprises of original prayers and reflections while also including extracts from a wide range of other sources. There is a series of inspirational meditations by Laurence Freeman OSB in the final chapter of the book which are available in audio form from www.columba.ie.

New Weight Watchers classes

Weight Watchers has come to Inis Oírr and Connemara.

The Inis Oírr class started last September and currently there are over 20 members attending. To aid themselves in their weight loss, bicycles have been taken out from sheds and the walking shoes have been dusted off, as the members' outdoor activity levels are on the increase with the improving weather.

The Inis Oírr members are currently 35 stone 11lb lighter from all

the hard work they have put in so far. This class is run through Irish and is the only Weight Watchers class in the country conducted as Gaeilge. If there are visitors attending, it can be changed up and run bilingually.

The organiser also runs a class in Connemara, which started at the beginning of November. There are nearly 50 members in attendance. The members that attend this class are currently 33 stone 12.5lbs lighter.

Classes on Inis Oírr

take place in Comhar Caomhán on Tuesdays 5.30pm to 6.30pm and 6.30pm to 7pm. (Men Only).

Classes in Connemara take place in An Tulach - Halla Pobal na Tulai (the room to the rear of the hall) on Wednesdays from 7.30pm to 8.30pm.

Contact Máirín Ní Chonghaile on 087-9304739 or email mairinnichonghaile@leader.weightwatchers.ie for more information.

Strengthen your pelvic floor

The pelvic floor is the name given to the muscles that lie at the base of your pelvis. Both men and women have a pelvic floor. Some functions include maintaining continence, core strength, and supporting the internal organs.

Like any muscle, the pelvic floor works optimally when it is capable of fully lifting and releasing. For some people,

strengthening their pelvic floor is the key to controlling symptoms. For others, their pelvic floor may not be able to fully release. So unfortunately, it is not a 'one size fits all' exercise. Yes, pelvic floor exercises are extremely important for issues like incontinence, low back or pelvic pain and bladder problems, but the type of exercise is individual to each person.

A women's health physiotherapist will assess a patient's symptoms, needs, and, if required, the pelvic floor. She will assess whether a patient needs to strengthen their pelvic floor or whether they need to release their pelvic floor. Some patients need both. Sometimes structures outside the pelvic floor can cause problems in this area.

A women's health

physiotherapist will also assess pelvic floor exercises and can ensure correct technique. A specialist women's health physiotherapist can show how to exercise the pelvic floor correctly and effectively for a patient's individual needs.

For a women's health physiotherapy appointment, call Evidence-Based Therapy Centre on 091-727777.

Mother's Day gifts from Alex and Ani

Mother's Day is the perfect day to celebrate the women in your life and Alex and Ani have the perfect gift to show those special ladies that you care.

Like a Mother Bangle symbolises nurturing, encouragement and love, while the Like a Sister Bangle symbolises friendship, loyalty and support.

Each bangle is available in Russian silver and gold, and is expandable, ensuring the perfect fit for every wrist. This completely original design allows everyone

to have a piece of jewellery that is truly customized.

Alex and Ani is pioneering its own definition of corporate consciousness, with sustainable initiatives and the creation of high quality, thoughtfully manufactured pieces.

They are committed to building a culture that focuses entirely on mindful actions.

Prices start from €30 and piece are available from Leufer's Jewellers in Tuam.



Beverly Hills Formula giveaway!



Last week marked World Oral Health Day and in the run up to Easter, when sweet things and chocolate eggs are in abundance, we can still enjoy our easter treats while keeping our smiles.

Irish dental experts, Beverly Hills Formula recommend that chocolate and sweets should be eaten at the end of a meal, rather than throughout the day. The effects of eating sugar on teeth lasts up to an hour after the treat has been consumed, so reducing the frequency of sugar consumption will reduce the amount of time that teeth are vulnerable.

The Beverly Hills For-

mula range of toothpastes are proven to be less abrasive than many regular and teeth whitening toothpaste brands, so they are kinder to your teeth and are suitable for children and everyday use.

The lovely people at Beverly Hills Formula have given us two travel packs and samples of their Beverly Hills Perfect White and Perfect White Sensitive to give away. To be in with a chance to win, email your contact details with the subject line 'Perfect White' to adaly@galwayindependent.com with before Sunday, 30 March.

the SPA

ALL MONEY RAISED GOES TO THE IRISH CANCER SOCIETY

Skincare Information Morning

11am to 1pm on Friday 28th March in aid of Daffodil Day

Discounts on retail products will be offered on the day with 10% of the purchases going to the Irish Cancer Society as well as...

- Cupcakes & Daffodil Merchandise will be on sale
- Complimentary Skincare Information Pack
- Amazing giveaways
- Skin Mapping
- Skincare Talk



Call 091 513200 to book or email info@thespa.ie

Places are limited so book today

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