

Holistic Times

JANIE WHITTEMORE brings news of events at the Isbourne Holistic Centre



Feeling stressed? Worn out?

A relaxing afternoon session tomorrow with local author Mary Pearson will give you the perfect opportunity to get away from your busy life and take time out for you. Suited to those with some meditation experience, the session will consist of relaxing meditations, mindfulness exercises and a guided relaxation exercise at the end. You can book over the phone or online for this date, or the next one on April 6.

Little Grandmother

One of the most inspiring young female voices for change on the planet, Little Grandmother, aka Kasha Crowther, pictured is coming to Cheltenham from Holland for two events on March 21-22, which are booking up fast.

Kasha will share powerful keys to our spiritual evolution and visions of the profound changes in store for the earth and humanity.



At the Friday evening talk, she will share teachings and visions from her spirit guides, and at the Saturday afternoon workshop, Remembering Who We Are, she'll offer practical ways to work with the earth's energy.

Individuals will be given their animal totem and an explanation of how this knowledge can help us in our everyday lives.

Are you a potential healer?

Regular monthly meetings are held at the Isbourne for those who wish to receive and give healing.

If you would like to explore your own potential as a healer but aren't sure where to start, discover more at this session with the healing group on March 23 at 2pm.

Where is the Isbourne?

Very central but tucked away – Wolsley Terrace is opposite the Rodney Road car park in Ortel Road, close to the Town Hall.

For further information on these or any Isbourne events contact the team on 01242 254321 or check on any events online at www.isbourne.org



The Isbourne Holistic Centre
Creating positive lives through education

Get fit by going to

Xtremes

Can't shift that stubborn weight? There's only one thing for it – Xtreme Bootcamps. **HELEN BLOW** found out more about the military-style weight loss courses

While most of us are still sound asleep in our beds as dawn breaks, **Cotswolds a group of men and women will be starting a gruelling day of extreme exercise.**

Not everybody would be prepared to spend a day, weekend or entire week getting up at daybreak for a 5km run, followed by a round on an assault course, swim, gym work and team exercises. But that's what Xtreme Bootcamps is all about. A full-on weight-loss camp that pushes you to your limits but leaves you with a sense of achievement.

Begun by mother and son team, Zoe and James Evans last year, the company specialises in providing courses for anyone wanting to improve their fitness or lose weight in military-type training conditions.

"I'd decided to finish my job as I'd always wanted to go into business with my son, so we were looking around at what we could do," said Zoe, 43.

"James is a reservist recruit with the Royal Marines and has always been into his fitness so this seemed like the ideal choice."

Their first camp was set up in Stratford-upon-Avon last October, followed by Evesham, Chipping Norton, Upton-upon-Seven and Worcester, and they also run residential camps at Kington, near Moreton-in-Marsh, and on the Farncombe Estate, near Broadway, for those who prefer to spend several days honing their bootcamps.

"The bootcamp classes are one-hour sessions that take place on a weekly basis, so people can come regularly and progress at a good rate," said Zoe. "All our instructors have military experience and it is a brilliant way to get fit quickly. They are very intense and you have to be prepared to work hard but the benefits are enormous."

Clients have to be 16 to enrol and ages so far have gone up to 50 plus. Everyone takes a fitness test at the start so the instructors can see what level you are at and design your training around that. "My background is in the pharmaceutical industry and I was extremely unfit when we started," said Zoe.

"When I joined a class I never thought I'd be able to run more than a couple of hundred metres, let alone 5km, but I did it and there has been a massive improvement in my fitness."

"I got to the top of a hill and thought I couldn't go any further, but the instructors encouraged me to continue and, because you are part of a team, you want to do it for them."

"A lot of what you think you can and cannot do is in your mind and most people would be surprised at how much they can actually do."

James, 22, is joined by a team of highly qualified instructors from the army, navy and airforce at the bootcamps.

"When the instructors are in uniform and teaching they are strict, but in the evenings when everyone is relaxing, they are very friendly and laid back," said Zoe.

"Although they are very firm and push you all the time, people seem to really like that. They are very good at judging what you can and can't do."

Zoe said people attending the camps ranged from young people wanting to improve their fitness, to others aiming to lose weight or perhaps training for something like a marathon.

"The initial fitness test shows us what level you are at and during the training, the instructors will push you but they won't push you beyond what you are capable of. On the courses, days start at 6am with stretching exercises and a 5km run. After breakfast, a crossfit or an assault course could be followed by a swim if there is a pool at the



Skinted & minted

This New Balance trainer is flexible, light, and helps provide cushioning, all at a competitive price – it's £44.99, from www.getthelabel.com. Or for more high-tech features and more money, try the new Nike Flyknit, £129, designed to enhance breathability and support. It's available from www.prideirectraining.com



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Zoe Evans

centre, and then lunch. Afterwards there's more of the same, with a session in the gym and team exercises and a gentle walk in the evening if you're still standing.

"At the end of a course you leave with a real sense of achievement, improved fitness levels and with a programme of how you continue with your training," said Zoe.

"We have had very good responses from people who have trained with us so far and are hoping to expand the venues we train from in the future, including centres in Gloucester and Cheltenham."

"People are so interested in their health and fitness these days and these are the classes to come to if you want to achieve that quickly."

For dates and venues, contact Xtreme Bootcamps on 01386 462334 or visit www.xtremebootcamps.com for more information.



Marks & Spencer stocks a great range of fitness wear. This gym vest is £17.50 and the leggings, £22.50

Optimal Training Hoody, £135, from www.sweasybetty.com