



UPCOMING EVENTS

See Moodle for more details

Tuesday 14 August 7 pm
Reiki share (Lynne Walker)
(must have Reiki 1 to participate)

Monday 20 August
10 am – 3 pm
The Art of Mindfulness

Please check out the noticeboard
for upcoming meetings and
seminars

SEMESTER 2 BEGINS, HOPE YOU ALL HAD A WELL-DESERVED BREAK!!!

The Art of Mindfulness

How to Embody Presence

Please see the noticeboard for more information, this workshop is free to SPCNM students and Paua clinic clients.

RSVP to
patsy.paxton@spcnm.ac.nz

NEW STAFF

This semester we welcome 4 new staff members: Joanne Hakaraia teaching Rongoa Maori Healing Concepts, Stacey Jarvis teaching Nutrition 2, and Nicola Lincoln and Meryn Wakelin will be joining us as Clinic Supervisors.



Joanne Hakaraia



Stacey Jarvis



Nicola Lincoln



Meryn Wakelin

A TIP FOR GOOD SLEEP

The 4-7-8 Breathing Exercise that will supposedly put you to sleep in just 60 seconds.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

I changed my password to "incorrect" so whenever I forget what it is, the computer will say "your password is incorrect."

CHOCOLATE DOESN'T ASK SILLY QUESTIONS.....

CHOCOLATE UNDERSTANDS.....

NEW – SUGGESTION BOX

Why wait until the next student survey to let us know about your thoughts, feedback or great suggestions about life here at the college. Online students you are always welcome to email Jill. Onsite students please feel free to use the suggestion slips at reception, we would love to hear from you!



HEALTHPOST NATURAL MEDICINE

SCHOLARSHIP

An opportunity for a student actively enrolled and completing a natural medicine or nutritional health science qualification. Please see the link on Facebook & Moodle for more information or on Healthpost's website:

You can find all the details here as well as video featuring the 2017 winners:

<https://www.healthpost.co.nz/healthpost-natural-medicine-scholarship>