Health, Healing, Self and Life Improvement.

Our Therapists working in the West & Midlands

Three new Therapy Centres are now successfully operating in the West and Midlands Region with more on the way. Such is the demand for this amazingly simple and effective approach to living that more and more people asking us to open centres in their area. This form of their area. This form of their area. This form of therapsy can brine results in their area. This form of therapy can bring results in every sapect of life be it health, business, relationships, hence its appeal (see also pages 10,11.14 and 15 for peoples account of the healing and how it worked for them). Our Therapists have been personally trained and supervised by Tony Quinn having undergone intensive tution. Many hold qualifications in related areas such as nutrition, yoga and qualifications in related areas such as nutrition, yoga and dietetics. All are experienced in dealing with different types of people and their problems, you will find their approach down to earth, friendly and supportive.

GALWAY:

Mary Dolan Mary Dolan is a native of County Galway. She has an

honours degree in Social Science but a belief that there was more to life brought her to the Tony Quinn Centre in

the process she has gained an understanding of life and herself that she had previously been unaware of with a



Mary Dolan
Eccles Street. She is now
qualified as a Holistic
Dietician, Ki Massage
therapist and Yoga teacher as
well as being a healing
therapist. Mary feels that in

consequent improvement in the whole quality of her life. Mary operates the therapy centre in Galway at St. Nicholas Parochial School, Woodquay on Tuesdays and

Fridays with a free video showing on those nights at 6.30pm for anyone interested in finding out more about the benefits of the therapy.

ATHLONE:

Mary Monks Mary, a Dubliner, became involved in the Yoga Group about four years ago when she



MULLINGAR:



Maire Femels
came along to our centre in
Eccles Street to learn how to
relax. At the time she was
working in a busy solicitor's
office. Mary immediately took
to the possibilities and
opportunities uncovered for
expansion and selfdevelopment. She changed
careers becoming involved
first in the health store
business and then qualified
as 1 yoga teacher. More recently
she trained as a healing
therapits and now operates the
therapits and now operates the

involved with the Tony Quinn Health Centre for 10 years having previously worked and trained both as a teacher in a secretarial college and as an executive secretary. Maire feels she has gained tremendously and learned a lot through her involvement with all aspects of self-development from the healing therapy to participation in residential seminars given by Tony Quinn. She has recently qualified as a healing therapist and now operates our centre in Mullingar at the Greville Arms Hotel on Monday and Thursday nights. Maire is available between 7-8pm on these nights for anyone making enquiries or wishing to know more about the therapy.

Ki Exercise Classes

ky, are a unique type of exercise system not unlike Tai Chi or a form of moving yoga. Based on a series of flowing movements like a slow motion marrial art. the Ki Exercises are designed to energise the body and mind. They deliver a tremendous return of health. Finness and exhibit the state of the state

a sense of exhilaration, energy and lightness. With as little as fifteen minutes a day practice, the Ki Exercises

- usy placific, the N Exercises will:

 Improve fitness, health and wellbeing

 Dissolve tension and stress
 Improve co-ordination, mobility and balance

 Improve mental alertness and concentration

 Increase self-awareness

 Rectore a sense of harmony and flow to your life.

Requiring no special clothing or equipment, the Ki Exercises can be practised in a small space at home, in the office, gym etc. They can be used as a warm-up and coul down for any activity or sport or as a complete workout in

themselves. They are ideal exercises for any age—even hone who do not normally like exercise find them easy and enjoyable to do. The K Exercise system can be learned over a period of twelve bours, either by taking a 1½ hour class twice a week for four weeks or over a shorter time by taking the concentrated 2 Saturday option. The cost is £50 payable on enrollment.

Venues and Dates

Tony Quinn Health Centre, 67 Eccles Street, Dublin 7. Tel 01.303717 4 Week Courses Mon & Wed. Starting (A) Mon 28th Sept 7.30-9pm (B) Mon 2nd Nov. 7.30-9pm Sotunday Courses Starting (C) Sat 3rd Oct. 10-5pm (D) Sat 3lst Oct. 10-5pm

Dundalk Tel: (042) 38097

Sat. 19thSept. 10.30-5.30pm

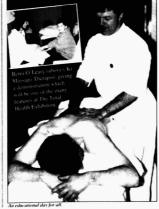
Tony Quinn Health Centre, Academy Street, Cork. Tel: (021) 276364 Sun. 27thSept. 10.30-5.30pm

Total Health Exhibition

at The Mansion House, Dublin on Saturday 26th September

The Tony Quinn Group in conjunction with the Irish Health Culture Association and the Irish Association of Holistic Medicine invite you to The Total Health Exhibition at The Mansion House Dublin on Saturday 26th

nber (10.30-6.30pm)



Personal Development, Careers in Health Culture and Holistic Medicine.

TONY QUINN - THE ULTIMATE ADVENTURE Ticket information on Tony's forthcoming 2 day seminar in the R.D.S. Dublin will be available at this Mansion House Exhibition.

You have read the Blueprint You have read the Blueprint for Living newspaper and now is your chance to come along and talk to the many people, teachers and therapists who are involved and have themselves benefited from Tony's work and find out how it could apply to you.

Careers in Health and Holistic Medicine.

Everything you need to know Information on full and parttime career possibilities and advice on business opportunities in the expanding field of health, personal development and holistic

For further exhibition details and information contact Noreen or Brid at (01) 303717



Present this coupon at the door as you enter the Total Health Exhibition for

Name
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Telephone