

Of course it is not necessary to be a Buddhist to practice Thai massage, or to benefit from it.

The theoretical foundation of Thai massage is based on the concept of energy lines or meridians running through the body; stimulating these meridians, promotes general well-being and the natural health process by moving the life-force energy around the body.

I first became interested in Thai massage as a result of my yoga practice. I no longer practice yoga but continue to find Thai massage extremely fulfilling and therapeutic for myself as well as my clients.

I studied with a well known teacher in London who has spent many years in Thailand. After qualifying I took off on a study trip to Thailand... but that's a whole story in itself.

I have just joined the team at the Breakespeare Clinic in Milton where I practice Thai massage and reflexology on Monday afternoons. The clinic's number is 01993 830913.

I'd be delighted to give talks and demonstrations to any local groups and societies and my number is 01993 830167

NORTH OXON AMATEUR VIDEO CLUB

Provisional programme.

June 16 Richard Simmons will talk and demonstrate the best use of various microphones that are available to us when filming or editing videos.

July 21 Eric George deals with making the best use of your video camera and how to use the different controls that are available for you to get best results.

August "Cam Pick" Jo Chadwick has invited us to a picnic at Hook Norton on a date to be arranged closer to the time.

WELL DONE JAMIE!

Jamie Cuthbertson, ten, of Shipton, is one of only twelve young people to have contributions accepted for a Blue Peter Time Capsule, to be buried at the Millenium Dome. His poem about the Cub Scouts was one of more than 10,000 entries.

He wins a portable computer and mountain bike as well as an all-expenses paid preview of the Dome with his parents in 1999. Congratulations!