

ZANA FROOD

After decades as a bodywork therapist and counsellor, as well as through her own experience, Zana became aware that body treatments and talking therapies were very good, but that movement also really helped, especially if she felt 'stuck' in her head.

Bodies and Minds need to be still, but they also need to move.

She has found that, for her, T'ai Chi and Qigong are the most helpful.

Last year, she decided to try her hand at some creative projects, having been told by her art teacher at school to 'Just draw boxes Zana!' She is glad to report that, although she won't be holding any exhibitions, she is happy and proud of what she has accomplished in painting, tile-making and pottery.

Particularly during the third, she noticed a difference in outcome if she arrived at the session distracted. By doing a few gentle movements before settling to sit, her mind moved to a single-point focus. Physical discomforts faded and there was a sense of flow that felt effortless, with no interruptions from the whispering voice of the Inner Critic saying, 'You can't do this'.

Win-win!

