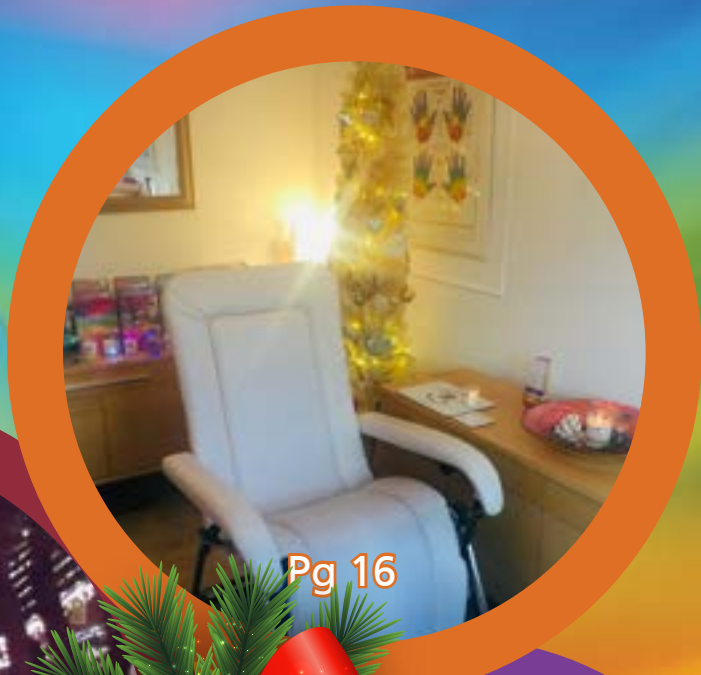




Sue Ricks Newsletter

Gentle Inspirations

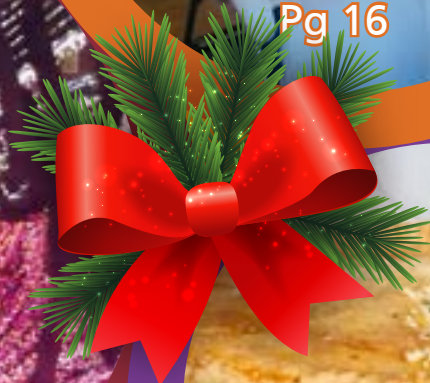
In this, our fourth edition, we have stories, recommendations and great tips for a better life.



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Introduction

Welcome to the Gentle Inspirations Newsletter.

In this edition we look back on what an amazing year it has been, with the success of both the UK Reflexology Conference and the first ever International Foot Reading Conference. As well as traveling within the UK and the US teaching students and sharing my knowledge to help others.

We hear from the lovely Julianne Reynolds on how to add a little drama to your garden!

Our featured course is one that takes reflexology to a higher level. Along with our new product offer.

We have gone festive with our travel recommendation and our recipe. They are both perfect for Christmas!

There are lots of course dates now available for you to take a look at. As well as a link to the Sue Ricks Academy, where you will find some fantastic content to help you develop your skills.

We thank everyone for their wonderful feedback and we encourage you to stay in touch over social media throughout the Christmas period. We look forward to a successful 2019!

Sue x x

Update from Sue

It has been an amazing year with the phenomenal success of the UK Reflexology Conference with 16 international speakers back in March. It was a joy to host and it was so wonderful with everyone coming together, thank you to everybody who was a part of it, it truly was all the colours of reflexology in so many ways. With the love and the vibe coming forward throughout the year and into next year, I wish everyone hosting conferences in 2019 great success.



What an unexpected and fantastic opportunity that created itself when we found ourselves hosting another conference, were we had 5 international speakers at the first ever International Foot Reading Conference in September. When I wrote my Fantastic Feet book about Foot Reading, I never thought it would lead up to being a part of such a great conference again. It was an honour and a privilege to work with such great speakers who made it such an outstanding success. We are so grateful to those that came to both or either of the conferences this year for making them the amazing events that they were. There was so much love in the room on both occasions.



Our visits to the US this year have been so enjoyable, and we have loved meeting with all our friends at the Reflexology Association of America (RAA) conference in Chicago. Running the course in Maryland, USA was such a lovely experience. The students were brilliant they have now been actively working with children and parents as well as helping children with disabilities, Proving individual sessions and baby reflexology classes.



The Sue Ricks Academy has grown and expanded tremendously this year and we are very grateful for such positive feedback and we have enjoyed putting our heart and soul into making it, adding to it and expanding it in general.

This year we have also been very lucky to help a private charity out in Ireland.

Plans are now coming together for some new ways forward in 2019. Watch this space!

With Love,
Sue
xxx



For more updates, like us on facebook and follow us on Instagram



We have travelled to so many locations teaching throughout the year and there has been a such rise in one to one training and mentorships. With so many people dedicated, learning more and sharing the best they have to give to the world around them.



ALL OUR
DVDS
ARE NOW AVAILABLE
ONLINE

WWW.SUERICS.COM

**BUY
NOW!**

Fancy a little bit of drama in your garden?

Julianne Reynolds

Much as I love the excitement that my garden offers, there is nothing I love more than the drama, beauty and movement of a flock of hens. Chickens are relatively easy to keep, highly entertaining and great companions. What is there not to love about keeping hens?! Ok, so keeping a beautiful garden and keeping free-range chickens can result in a few sacrifices. Pecking beaks will wreak havoc with delicate, emerging flower buds, and dust-bathing, a necessary grooming practice for hens, tends to shower prized plants in dry soil or damage nearby plants.

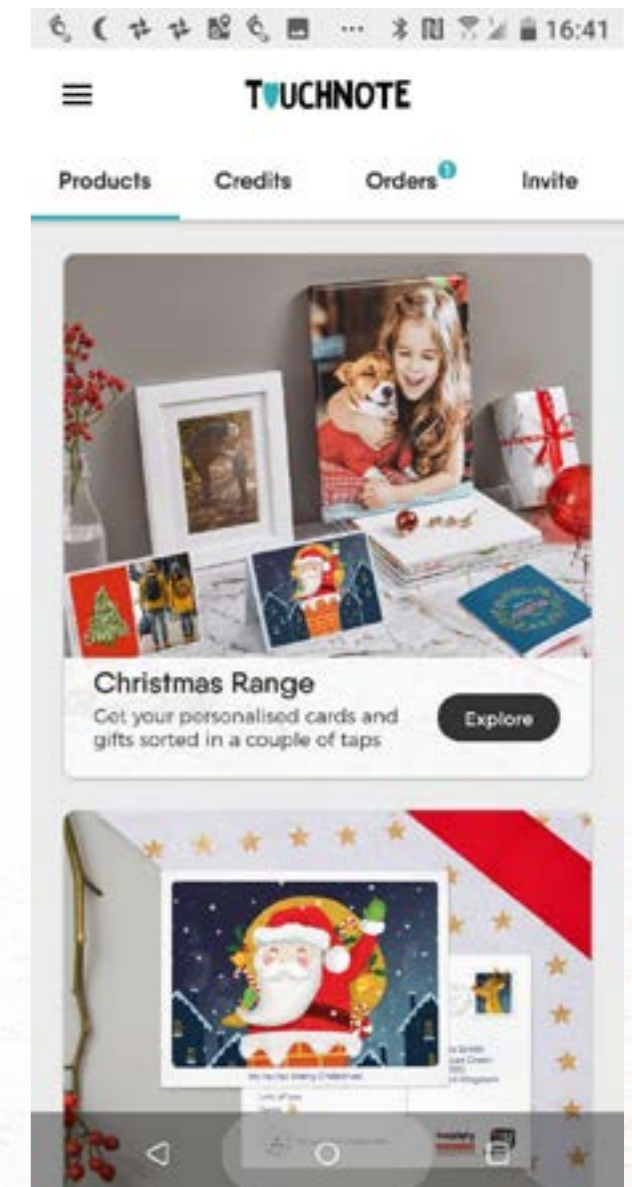
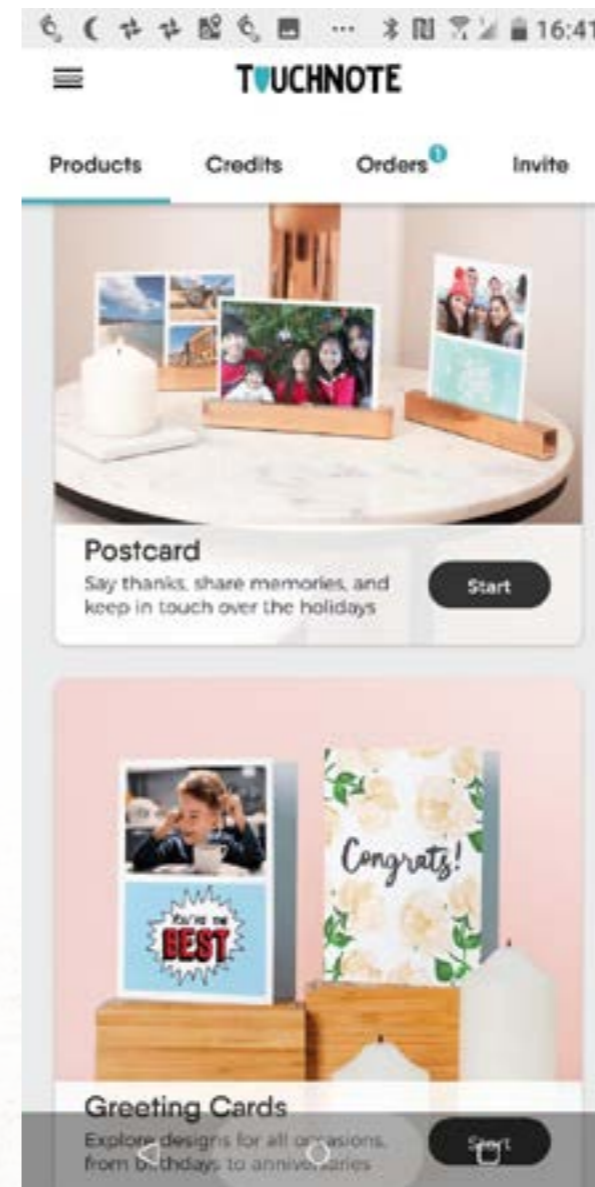
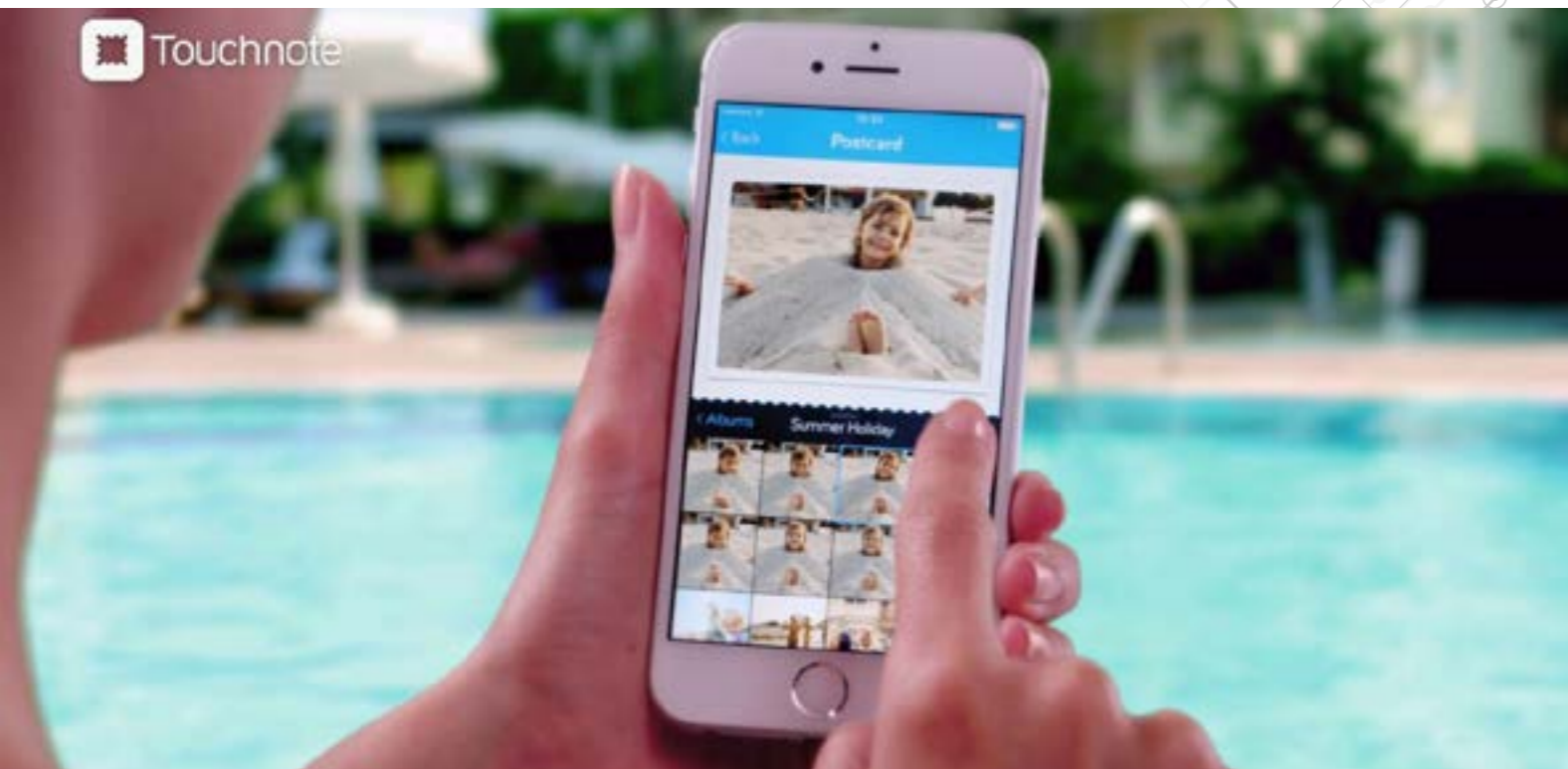
However, if you are keen on having home-laid eggs, there are ways of doing so without sacrificing your flowers and plants. Hens need shade and shelter from the elements, safety from predators, place to dust bath, and a clean

well ventilated hen house and an area to scratch and move about as a minimum. However, in my eyes there is nothing quite like watching them strutting around your garden, the soil will benefit from their manure, pests and weeds will be kept to a minimum and wildlife will increase. For me, small-scale garden disturbances is forgivable from such charming companions.

Many ex battery hens, also known as commercial hens often need homes to go to. If you can offer a safe, loving and caring home to an ex-battery laying hen then click here <https://www.bhwt.org.uk/rehome-some-hens/> They are wonderful animals that will reward you with love, eggs and friendship. What is there not to love.

Julianne Reynolds

RECOMMENDED WEBSITES OR APPS

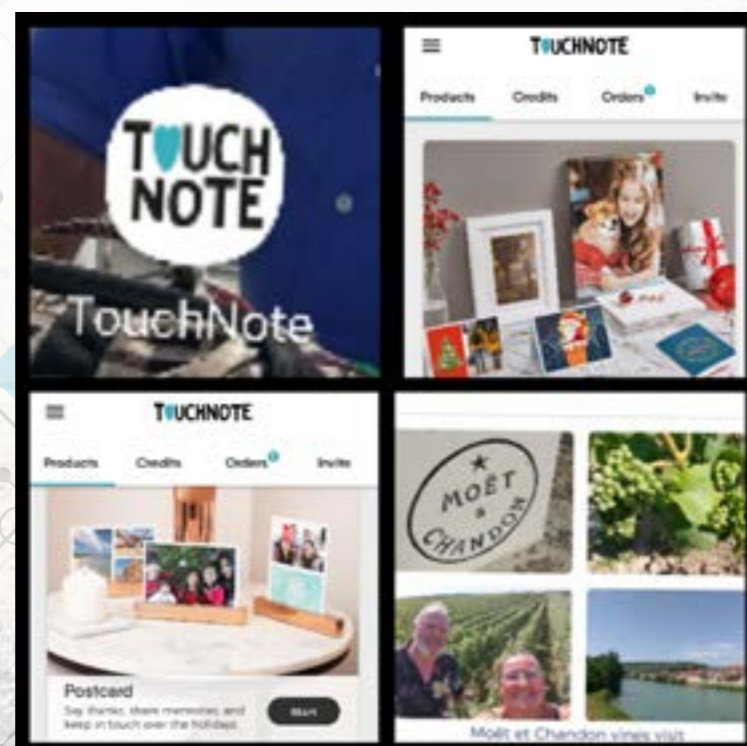


TouchNote

This is a really useful and versatile app to send birthday cards, note cards, post cards and of course Christmas cards! You can use your own images from your phone or images that they offer.

You can send the cards from wherever you are to your contacts in numerous locations around the world.

I have used this a great deal and find that they are very efficient and swift at sending out the cards that I have ordered. It saves time and energy and can be personalised with your own photographs and messages and is very quick and easy to use.



ANDROID DOWNLOAD



APPLE DOWNLOAD



Clifton Mills, Ohio

How many?

An unimaginable number of lights await you at the Clifton Mills, Clifton Ohio USA. What an incredible sight to see with over 4 million lights.

It's been voted USA TODAY'S 10 Best Readers' Choice 2018 Travel Awards!

For 31 years Clifton Mill has celebrated the Christmas season in a very special way with a light display that almost defies belief! Millions of lights illuminate the actual Mill, the gorge that runs through it, the riverbanks, trees and bridges. There is even a 100 foot "waterfall" of twinkling lights. Apparently, the flip of one switch turns all the lights on at once transforming night into a fantastical winter wonderland which includes a Miniature Village, a Santa Claus Museum, a Toy Collection and a spectacular synchronized lights and music show that features the old Covered Bridge.

We loved our visit there with friends Debbie and Jeff and plan on returning! If you are ever in the area, it's a must see location.

<https://cliftonmill.com/christmas/>



TRAVEL
RECOMMENDATIONS

SEE FULL GALLERY

Sue Ricks

Dates for your Diary



Cancer and Palliative care, Helping people
via Reflexology Course - LOUGHBOROUGH

22nd January '19

Reflexology for Babies and Children Course
- SOUTH EAST LONDON

4th - 7th Feb '19

Foot Reading and Visual Interpretations
Course - LOUGHBOROUGH

19th - 20th Jan '19

Energy and Vibrational Healing Course
- LOUGHBOROUGH

5th - 6th March '19

Energy and Vibrational Healing Course
- OXFORD

2nd - 3rd April '19

Gentle Touch™ Reflexology 4 Day Workshop
- LOUGHBOROUGH

20th - 23rd May '19

Reflexology for Babies and Children Course
- LOUGHBOROUGH

17th - 20th June '19

USA: April 2019

USA AND CANADA: September & October 2019

www.suericks.com

Learn with Sue Ricks?



The new Sue Ricks Academy gives you 24/7 online access to videos, ebooks and audio materials to inspire you and improve your practice.

**Join us today for only
£20 a month!**

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Clinic News

Best wishes to all of my clients and students that have spent time in my clinic room over the years!

With Love and best wishes, Sue



Energy and Vibrational Healing Course.

Do you want to expand or develop your reflexology skills? This is exactly what this fantastic course helps you to do.

This course is over 2 days, you will learn how to link reflex points and balancing chakras on the feet via the feet. It is for anyone that is looking to work vibrationally or those that already work with energies and want to know how to apply these through the connections of the feet.

You will be provided with notes for this course to support you. The course will be held on the 5th March 2019 here in Loughborough and also on the 2nd April 2019 in Oxford. Alternatively, you might prefer to do this one-to-one if so please email courses@suericks.com

Book your place now!

Loughborough

Book Your place Now!

Oxford

Book Your place Now!



Mincemeat Flan Deluxe

Ingredients

Shortcrust Pastry:

- 8 oz Plain Flour
- Pinch of Salt
- 2 oz Lard
- 4 oz Butter
- 1 dss sp of Caster Sugar
- 1 Egg Yolk
- 2 – 3 tabsp of water

Filling:

- 500g Mincemeat

Topping:

- 2 – 3 tablesp of Whipped Cream
- Little Rum or Brandy

Method

- Prepare Pastry
- Put 3/4 of the pastry into line flan ring
- Fill pastry case with mincemeat
- Roll out the remainder of pastry & cover flan.
- Crimp edges and seal
- Brush with water and dust with sugar
- Bake for 30 – 40 minutes

You could also cut out a hole approx. 3” in the centre of the flan before baking, and when cooked fill the hole in the centre with flavoured cream

LIGHT UP

Creative



WEDDINGS

CONFERENCES

EXHIBITIONS

CELEBRATIONS

THEATRICAL

DRY HIRE

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01509 815 072



Happy Holidays

With love

Sue

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