

**Better health, the easy way!**

*Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.*

People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.

The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

**Classes are taught by the award winning Andy Wright. In 2009 he won the individual category for improving health in Wiltshire.**

**HEALTHIER WILTSHIRE AWARDS WINNER**

**DEAL of the DAY** NORMAL price £54 for the 12 week term  
DISCOUNT PRICE £48 for the term!

**10% off**

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PROGRESSIVE HALL, NORTH BRADLEY, MONDAYS 930-1030am  
CALNE TOWN HALL, MONDAYS 12-1pm  
MARKET LAVINGTON COMMUNITY HALL, MONDAYS 630-730pm  
CORSHAM COMMUNITY CENTRE, TUESDAYS 10-11am  
LEIGH PARK COMMUNITY CENTRE (BA13), TUESDAYS 630-730pm  
CHIPPENHAM "THE CAUSE", THURSDAYS 10-11am  
BOWERHILL VILLAGE HALL, THURSDAYS 12-1pm

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# Take a gander

at all our leisure classes for adults

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monkeypuzzle training & consultancy

## LEARN NLP AND TAKE YOUR MIND, CAREER & LIFE TO THE NEXT LEVEL IN 2014

Neuro Linguistic Programming (NLP) is an applied psychology which enables you to understand how the mind works and learn how to change behaviour, master communication and control our emotions. NLP is all about putting people in charge of their brain and their life and **by becoming professionally trained in NLP you can:**

- Master your communication skills.
- Improve relationships.
- Train as a professional coach.
- Build your leadership and management skills.
- Become a great problem solver.

We provide the highest quality, internationally accredited NLP training for all levels of experience and certification requirements.

**Come and try it for FREE**

### FREE Introduction to NLP

Wednesday 12th February - Bristol

To book your place and to see information about our full range of NLP and hypnosis courses see our website [www.monkeypuzzletraining.co.uk](http://www.monkeypuzzletraining.co.uk) or contact [info@monkeypuzzletraining.co.uk](mailto:info@monkeypuzzletraining.co.uk) or 01749 349 008

## Whatever your Health & Fitness Goals

WE TICK ALL THE BOXES

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Train Station Gym, helping people achieve their Health & Fitness Goals for over 10 years.

### Trainstation Gym Station Approach

01373 451360  
www.trainstation-gym.co.uk

# DRIVING AND MECHANICAL HANDLING TRAINING

BASED IN FROME, WE PROVIDE VEHICLE AND MECHANICAL HANDLING OPERATOR TRAINING IN SOMERSET, WILTSHIRE AND DORSET. OUR INSTRUCTORS' EXPERTISE IS UNDERPINNED BY EXTENSIVE PRACTICAL EXPERIENCE AND WE ARE REGISTERED WITH THE DRIVING STANDARDS AGENCY.

### Category C (Old HGV Class 2) Any rigid over 7.5 tonnes.

At LGS Transport Training we understand this is the beginning of a new career and that you are investing time and money in your future. That's why we are registered with the Driving Standards Agency so you can be assured you're receiving quality, relevant industry training.

Our LGV courses are run on a 1 Instructor to 2 pupil basis and will be tailor made to suit your training needs and expectations. If you require a one to one basis please call where we'll be more than happy to discuss your training plan.

**Licence Requirements:**

- Hold a full category B (Car) licence.
- Be aged 18 or over.
- Hold a provisional entitlement for category C (Rigid vehicle over 7.5 tonnes)

### Driver CPC (Certificate of Professional Competence)

LGS Transport Training provide 5 Classroom Based 7 hour modules:

- Drive to Survive.
- Staying Alive and Customer Services.
- Vehicle Checks - Safe Loading and Drivers' Hours.
- Adverse Weather and Fuel Saving.
- Urban Driving.

Courses are held mid-week and Saturdays on a regular basis and cost £80 per module inclusive of VAT and upload fee. On completion of 5 modules, candidates will automatically receive their Driver Qualification Card. CPC Training must be completed by September 2014 for drivers to continue to operate for hire or reward.

### Category B+E (Car & Trailer) Training

If you passed your car driving test on or after 1st of January 1997 and tow a trailer which has a Maximum Authorised Mass (MAM) great than 750kgs the chances are you require a B+E licence to be legal. A trailer is anything that is towed by a vehicle e.g. horse boxes, box trailer, a caravan, car transporters etc.

The B+E is an additional DSA test which will entitle you to tow a trailer greater than 750kgs. All our B+E instructors are registered with the Driving Standards Agency

For those with acquired rights, we provide familiarisation courses for people who are concerned with driving with such a load behind them, or need experience in reversing trailers

### Mechanical Handling Training

LGS Transport Training provides fully accredited Mechanical Handling Operator training for both novices having never operated a machine before and experienced operators who require qualification or refresher training. We provide counterbalance, telescopic handler, lorry crane, (HIAB), boom and scissor lift operator training at our ITSSAR accredited training centre, and counterbalance, reach, telescopic handler, VNA (Man Down), PPT (all forms), flexi, tramping and LLOP truck, HIAB, boom and scissor lift at customers' premises.

The counterbalance lift truck is the most commonly used type of truck and is found in nearly all workplaces where lift trucks are used.

### Category C + E (Artic/old HGV Class 1)

**Licence Requirements:**

- Hold a full category C (LGV) licence
- Be aged 18 years old or over

### Category D and D1 (coach and mini-bus)

We provide driver training for both coach (Category D) and mini-bus (Category D1). We can provide either one to one or two to one training. We also provide assessment drives for school employees.

VISIT US AT [WWW.LGSTRAINING.CO.UK](http://WWW.LGSTRAINING.CO.UK) • TELEPHONE: 01373 464776 • EMAIL: [info@lgstraining.co.uk](mailto:info@lgstraining.co.uk)



## Lose Weight the Curves Way

I am from Bristol and used to attend a gym there. Since moving to Frome a few years ago this stopped. I have always exercised and attended fitness classes in and around work and running a home. My goal was my son's wedding in 2013. As mother of the groom I wanted to feel toned and comfortable in my special dress. This also gave me the incentive to want to regain and maintain a healthy lifestyle.

My partner found the advertisement for Curves and I joined 1st October 2012. Since joining I have found myself feeling so much more energised and have met lots of lovely people. In this short time I have toned up and reached my target body mass. The gym has a relaxed, welcoming feel about it and I really enjoy going. It is different to other gyms as it is never a chore, in fact it gives me the motivation to want to do more!

Thank you ladies at Curves ☺

**Kim Bray**

I have been a member of Curves for over 4 years. I have lost an incredible 3 stone and 46 inches! (nearly as tall as me). For the first time in years I was able to sit in a plane seat without spilling over and worrying that I was disturbing the person sat next to me. Mostly thanks to the staff and all the other great members for their support. I've enjoyed meeting new people and having spur of the moment coffee mornings with new members!

**Anne Moore**

# Curves

THE WORLD LEADER IN WOMEN'S FITNESS

**Curves Complete**

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- Motivational coaching

Lose Weight the Curves Way

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