



## **PRESS RELEASE**

**September 2012**

### **Take the 'Stoptober' Challenge With a Little Help from SenSpa**

Giving up smoking for good is often regarded as one of the hardest things to do, even when consideration is given to the benefits to an individual's health and income. In the first of its kind, the government are attempting a mass-quitting event titled 'Stoptober' starting 1<sup>st</sup> October for 28 days. At SenSpa at Carey's Manor we are planning to support this government initiative through the latest in meditation techniques, which gently support and help those trying to kick-the-habit. SenSpa's unique classes bring awareness of cravings and addictive behaviour, combating and controlling the desire to reach for a cigarette, helping to banish the habit for good.

Martial arts expert, David Passmore, runs the meditation classes three times a week at SenSpa. Using his training and experience undertaken in Kyoto, Japan, David has developed the sessions to help participants make a conscious decision to control their impulses. It's this conscious decision, which can aid an individual's will power and mental control when it comes to giving up on the habit.



Lina Lotto, Spa Director at Careys Manor & SenSpa explains;

*"Meditation brings awareness to daily life and is useful as a support to stop or control addictive behaviour. Reaching for a cigarette usually masks an underlying emotion or*

*anxiety and meditation helps to make this conscious. When we become conscious we gain control of our impulses, which enables us to consciously, decide whether to smoke or not. When a separation is made between the compulsive thought and the action, in that moment, our natural intelligence is allowed the opportunity to make the wise decision. David's classes provide a great way to deal with the addictive nature of smoking, providing assistance for those looking to kick the routine."*

With the nights drawing in and the festive season approaching fast, it would seem an ideal time to join with others around the country to achieve your goal. The mediation classes available at SenSpa can be chosen as part of a Spa day package with other relaxing treatments, combined with a stay at the luxury hotel or just booked individually, the choice is yours.

For more information on the Meditation classes or any of the other treatments available at SenSpa please call 01590 623551 or visit [www.careysmanor.com](http://www.careysmanor.com).

- Ends -

**Note to editors:**

Experience the Meditation Classes for yourself ...

Please contact Teresa Dadey or Andy Taylor to arrange a review:

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