



The Simmering Cauldron Newsletter

Lammas
2010

A mystical and magical resource based in Mid Wales

Baby Naming Ceremony

Angela and Tony had the honour of acting as celebrants for the baby naming ceremony of Austin in July. The ceremony was held in the historic grounds of Clun Castle. We would like to thank Kate and Bob Hopkins for inviting us and wish Austin a long and fruitful life.



Welshpool MBS Fair

Once again we are holding our popular Welshpool event on the third Saturday of September (18th) in the historic Assembly Room of the Town Hall. This venue was seen twice during the televising of the recent election, for a BBC debate and the announcement of the astonishing result for the Montgomery ward!

There will be a very different atmosphere for our event with peace, harmony and gentle healing predominating. Once again we have a balanced mix of exhibitors offering tarot readings, alternative therapies, stimulating talks/workshops plus a range of wonderful stalls.

Increasingly we are finding that people are coming to the fair for a day out by popping in and out of the fair. A few suggestions while you are in Welshpool; Visit the new 'Village Market', walk in the grounds of Powys Castle, have lunch in one of the many cafes or perhaps search out the historic 'cockpit' and Montgomery canal.

More information about the event and a link to a Welshpool information site can be found on our website.

There's always something new at TSC

We have had a number of people recently who regularly visit the stall comment that there always

seems to be something new. This is something that we have always tried to achieve as we know how important it is not to just have the 'same old same old' week in week out.

However, there is a need to retain a range of stock items so alongside the new there is always an extensive range of essential oils, an eclectic mix of types of incense, a comprehensive array of tumbled gemstones and a mini bookshop of alternative texts.

All of which come together so that we are truly a 'mystical and magical resource'. See you soon!

Tai chi.....

The age old solution to feeling good at any age! Tai Chi has been practised for countless centuries and is an entirely appropriate solution to the stresses and strains of an increasingly demanding modern lifestyle. Tai Chi form is a series of slow, graceful movements each flowing into the next. The movements are deceptively simple, (*cont. over*)



Summer special
Caudron Card offer
£1 off
every £10 spent

**Offer available until further notice*

Tai chi continued

involving no awkward contortions and it can be practised by most able bodied people without strain. Yet look at the benefits it can bring;

- Improvement in physical condition
- Relief from pain and stiffness
- Improved flexibility and coordination
- Increased muscle strength
- Improved sleep
- Improved balance and posture.

In fact all of the benefits associated with low impact, weight bearing and aerobic exercise.

Alan Jefferies is an experienced instructor who has studied and practised the art for over 25 years. He runs classes in a number of locations in Mid Wales. We are lucky enough to have Alan at our next Mind, Body and Spirit Fair in Welshpool in September. If you think you might be interested in attending a class, come along and chat to him to find out more.

Better still, Alan will be offering free demonstrations/workshops at the fair. You are welcome to come along and join in. No special equipment needed, just comfy, loose clothing.

You may contact Alan prior to the event on 01686 630778 or log onto www.whitecranetaichi.co.uk

Pentacle & Lammas Pagan Dawn magazines now available

MBS (Welshpool) listings

Exhibitors who have made advance bookings for the event on 18th Sept.

Aura-Live. Aura photography and readings.
URL: www.aura-live.co.uk

Barbara Clooney. Hand made greetings cards.
Contact via TSC

Borders Healing. Crystal, colour & light therapies, natural facelift massage, past life regression & radiesthetics.
URL: www.bordershealing.com

Crystal Gardens. Crystals, crystal products & singing bowls.
Tel. 01299404157

Fairy Realms. Faerie illustrations cards & figurines.
URL: www.fairyrealms.co.uk

Forever Living. Aloe Vera natural healthcare products.
Email: aloerobert@googlemail.com

Hocus Pocus. Maggie Moreton & Eunice Doyle Tarot readers.

The Healing Garden. Taster zone massage therapies plus gift stall.
Mob: 07873187320

Email: morticiahocuspocus@sky.com

Julie Pritchard. Arts and Crafts including Herb cushions and other crafts.
URL: www.arts-engine.org.uk

Mercurius press. Magical cards, prints, watercolours & books
Email: f.m.nottingham@aol.com

Natures Gems. Stone & crystal hand made jewellery.
Contact via TSC

Penycoed Healing Centre. Digeridoo sound healing and products & Reiki. URL: www.didgeridoohealing.co.uk

Sonictransmission. Voice, acoustic sounds, meditation and hands on healing.
URL: www.sonictransmissionoccupationalound.com

Time for You. Taster massage treatments.
URL: www.timeforyou88.co.uk

Trina Buchan. Tarot Readings, Email: trina.buchan@btinternet.com

White Crane Tai Chi. Tai Chi classes
URL: www.whitecranetaichi.co.uk

And of course *The Simmering Cauldron*

Our Diary for August and September 2010

During this period we will be attending our regular market stalls in Welshpool and Newtown on Mondays and Tuesdays respectively. Additional events are listed below.

Saturday 31 st July	Welshpool Village Market - extra market day
Saturday 7 th August	Welshpool Village Market - extra market day
Sunday 15 th August	MBS Fair, The Hilton Newport, Newport, Gwent
Sat. 21 st & Sun 22 nd August	Holistic Festival, Town Hall, Llangollen, North Wales
Sat 28 th & Sun 29 th August	MBS Fair, Venue Cymru, Llandudno, North Wales
Sunday 12 th September	MBS fair, Memorial Hall, Beverley, Yorkshire
Saturday 18th September	MBS Fair, Town Hall, Welshpool
Saturday 25 th September	MBS Festival, Civic Hall, Crosby, Merseyside