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Alexander Technique in Silloth?

The Alexander technique is a practical method of self-help, which teaches us to become more aware of how we use our minds and bodies in activity. By choosing the way we react to stress and by letting go of habits of tension, we can reduce pressure on our joints and rediscover our natural balance and ease of movement.

It is usually taught on a one-to-one basis through a combination of gentle manual and verbal guidance to help you experience poise and efficient movement. It can also be taught in group settings.

It may be helpful for those with muscular pain in the back, neck and shoulders, stress, anxiety, headaches. Or it may enhance performance for example teachers, musicians, actors, dancers, professionals in a demanding job (especially those who use computers) or indeed anyone who wants to learn more about

Silloth Tide Tables

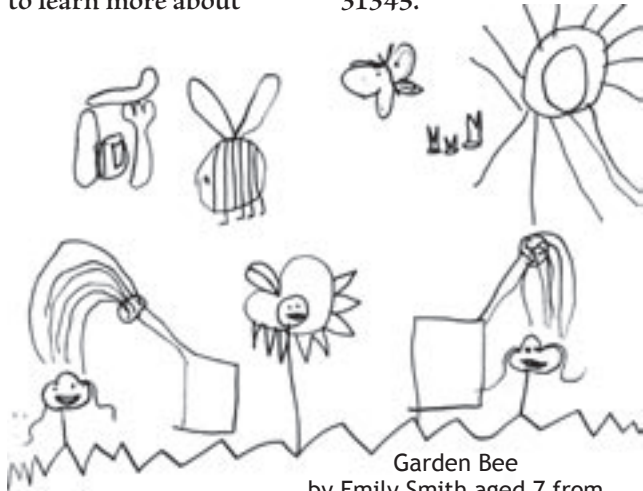
March 2007
TIMES OF HIGH WATER
AT SILLOTH
(Courtesy of A.B.P. Silloth)
Times in GMT

		Heights in metres			
		Time	Ht	Time	Ht
1ST.	THUR.	1019	6.5	2246	6.5
2ND.	FRI.	1102	7.0	2325	7.0
3RD.	SAT.	1139	7.3	2359	7.1
4TH.	SUN.	****	***	1212	7.4
5TH.	MON.	0029	7.2	1242	7.4
6TH.	TUES.	0100	7.2	1314	7.4
7TH.	WED.	0130	7.1	1344	7.2
8TH.	THUR.	0159	7.0	1415	7.0
9TH.	FRI.	0230	6.7	1446	6.6
10TH.	SAT.	0302	6.4	1522	6.2
11TH.	SUN.	0339	6.0	1605	5.6
12TH.	MON.	0429	5.4	1705	5.1
13TH.	TUES.	0540	4.9	1828	4.8
14TH.	WED.	0714	4.9	2003	5.0
15TH.	THUR.	0841	5.5	2118	5.6
16TH.	FRI.	0939	6.3	2209	6.5
17TH.	SAT.	1025	7.2	2253	7.2
18TH.	SUN.	1108	7.8	2334	7.7
19TH.	MON.	1150	8.4	****	***
20TH.	TUES.	0015	8.1	1232	8.6
21ST.	WED.	0057	8.2	1318	8.5
22ND.	THUR.	0139	8.1	1401	8.3
23RD.	FRI.	0221	7.7	1445	7.7
24TH.	SAT.	0304	7.2	1533	7.0
25TH.	SUN.	0352	6.4	1629	6.0
26TH.	MON.	0452	5.6	1744	5.2
27TH.	TUES.	0625	5.1	1923	4.9
28TH.	WED.	0757	5.2	2041	5.3
29TH.	THUR.	0904	5.7	2136	5.9
30TH.	FRI.	0954	6.4	2219	6.4
31ST.	SAT.	1035	6.9	2257	6.9

FULL MOON--SAT. 3RD.
NEW MOON--MON. 19TH.

themselves.

If you are interested in joining a 5 week introductory class in Silloth, (venue to be arranged) please call Jackie on 016977 41300 or Bena on 016973 31345.



Garden Bee
by Emily Smith aged 7 from
Silloth Primary School

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On the Waterfront

Report by: Tommy Legs

January was a quite busy month with six vessels visiting the port.

The first was the WALTER HAMMANN with fertilizer, next was the tanker ZAPADNYY with molasses from Rouen. The SEA RUBY then brought fertilizer from Ijmuiden and the BEN VARREY brought wheat from Liverpool. The NEERMOOR then brought fertilizer from Ghent and finally the SCOT PIONEER brought a cargo of paper pulp.

Did You Know?

Q: The first couple to be shown in bed together on prime time TV?

A: were Fred and Wilma Flintstone.

Q: The average number of people airborne over the US any given hour?

A: 61,000.

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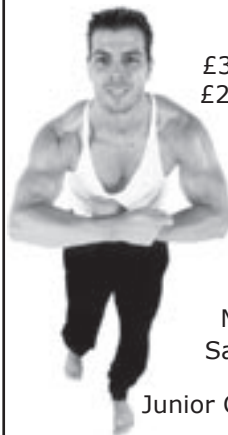
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