

IFE AGM/CONFERENCE PARTNERS' PROGRAMME

This programme has been generously sponsored by Lion Apparel

DAY 1 THURSDAY 12 JULY

A MORNING VISIT TO CHILFORD HALL VINEYARD

(Depart Churchill College approx. 09.00 – transport provided)

Have you ever wondered –

- ☞ How wine is made?
- ☞ Where to plant a vine?
- ☞ When it's best to pick the grapes?
- ☞ Why there are so many smells and flavours?
- ☞ What the tricks of the trade are?
- ☞ How to get the best from wines?



At Chilford Hall they pride themselves in offering informative yet fun tours. A guide will meet our group on arrival and take us on a tour of the winery for a talk on how they produce their wines and will then proceed to give a tutored tasting of Chilford Hall wines.

There is full disabled access at the site.

DAY 2 FRIDAY 13 JULY

A MORNING OF HOLISTIC THERAPIES AT THE CAMBRIDGE NATURAL HEALTH CENTRE, CAMBRIDGE

There will be three therapists on site, each offering half hour sessions in the following treatments:

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| ☞ reflexology | ☞ sports massage |
| ☞ indian head massage | ☞ hopi ear candling |
| ☞ thai yoga massage | ☞ lymphatic massage |
| ☞ aromatherapy | ☞ hypnosis for relaxation |
| ☞ body massage | ☞ holistic facial |



There will be others available to discuss their therapies (hypnotherapy, acupuncture, homeopathy) and give mini-consultations. A session of guided relaxation/stress reduction will also be available.

Participants will be given the opportunity to browse the therapies when they arrive and book one half hour session and one group session.

Between sessions visitors will be able to browse the information stands and take coffee at the nearby Box Tree Brasserie.