

# Community

## Little Shop of Horrors

THIS April, Beeston Musical Theatre Group welcomes you to 'Little Shop of Horrors', showing at Round Hill School in Beeston. Originally created by Howard Ashman and Alan Menken, and made famous by the film starring Rick Moranis, Ellen Greene and Steve Martin, this promises to be an entertaining, black comedy musical extravaganza.

Set in 1960 in a dirty back alley of New York, 'Little Shop of Horrors' tells the story of Seymour Krelbourn, an orphan and an outcast who works for Mr Mushnik in his florists' store, with no hope of a better life. His two loves in life are 'strange and

exotic plants' and Audrey, the blonde shop assistant with a sadistic dentist for a boyfriend. While his boss struggles to keep the shop open, Seymour purchases an exotic plant, naming it Audrey II after the girl he loves. The plant proves good for business, attracting more customers to the store, but as it grows Seymour learns to his horror that Audrey II craves blood and flesh, and Seymour must serve up human food to satisfy the plant's appetite. Can Seymour confront the plant to save mankind's existence?

With famous songs including 'Somewhere that's Green', 'Suddenly

Seymour' and 'Feed Me', the talented 23-strong human cast (and 8-foot tall, singing, moving, blood craving plant), along with the sounds of the orchestra, will leave you wanting more!

The show runs from Tuesday, April 6 until Saturday, April 10 at 7.30pm, with a 2pm Saturday matinée. A licensed bar and tiered seating are available at both. Tickets are £8-£9 (concessions £7) and can be ordered from [www.bmtg.org.uk](http://www.bmtg.org.uk) or from Mike Cottee on (0115) 928 0980.

## Solicitors takes on Treetops Hospice as Charity of the Year

LOCAL solicitors Ellis-Fermor & Negus have chosen to support Treetops Hospice at Risley for their Charity of the Year 2010.

Treetops Hospice provides day care support for people who have a life limiting condition. They are currently raising funds (the Ripple Appeal) for a new extension block which will enable them to care for double the current number of sick guests.

Rachel Honman, Marketing Officer at Ellis Fermor & Negus and Emma Mrvik, the office manager from their

Long Eaton office, went along to Treetops Hospice and met with George Cameron, Treetops Hospice Chief Executive and the Fundraising Ripple Appeal Manager, Kate Shaw.

Rachel and Emma learnt all about the work that Treetops Hospice does for its day care guests and more about their ancillary services including Hospice at Home and the Family Bereavement Counselling Services. They also saw the foundations for the new extension, which is due to be completed in June of this year.

The staff at Ellis-Fermor & Negus are planning to get involved with some of the fundraising events which Treetops host such as car boot sales, The Experian Robin Hood Marathon, charity football matches and sponsored walks and some of their own in-house activities, such as dress down days and cake sales.

Rachel said "We're delighted to support Treetops Hospice as our Charity of the Year 2010. They provide tremendous support to the local community, both to their day care guests, their carers and families."

## An A – Z of Fitness: Y is for Yoga

ADVERTISING FEATURE

MANY people first approach yoga as a physical activity leading to suppleness and flexibility. Others use it for stress relief and mental well-being, which arises from the need to concentrate to achieve the postures along with control of the breathing. Many people progress further with the meditative aspects of the art, and embracing its Hindu philosophy work towards self-realisation or union (which is the root meaning of the word 'yoga').

### A number of different styles are practiced:

**Hatha yoga** – and its derivatives – is widely practiced and is excellent for beginners. It is a gentle practice where you move slowly and smoothly through dozens of poses (called asanas). The focus is on holding the poses and integrating your breathing into the movement. It's a great way to stretch, work your muscles, get in touch with your body, relax, and decrease stress.

**Iyengar yoga**, a form of Hatha, uses similar poses but focuses more on body

alignment and balance, holding poses longer, and using props such as straps, blankets, and blocks. The props assist less able people to do the poses comfortably.

**Ashtanga** (Power Yoga) A choice for the more athletic. Emphasis is on developing strength and stamina and less on meditation. The poses are more difficult than those performed in other styles and students move quickly from one pose to another, combining the breath with movements. Although this style is suitable for anyone in reasonable physical condition, those new to exercise should avoid it. Even the 'beginners' routines are physically demanding and require a warm up to 'activate' the muscles.

**Kundalini** yoga also emphasises rapid movement through the poses and emphasises breathing as well as chanting and meditation. It has a more spiritual feel and focuses on energy balance in your body. It also focuses on healing and 'purifying' the mind, body and emotions. Beginners might find this both physically and mentally

challenging and often progress to it from gentler regimes.

**Bikram** yoga is performed in a hot room that is sometimes unventilated. This style of yoga focuses on 26 postures that are performed in a certain order. The exercises are very physical and the intensity is high. When combined with the heat, it makes for a tough workout. It is recommended for experienced yoga enthusiasts and extremely fit individuals. The system is promoted for helping in removal of symptoms of disease and chronic pain in the body. The idea is that heat will loosen the muscles and ease pain and sweating will cleanse the body of disease. There is a risk of dehydration, heat exhaustion and those with blood pressure and cardiac problems might be better off with a different approach.

Loose exercise gear and an appropriate mat should be taken to class – along with an open mind. The British Wheel of Yoga is the governing body and it trains and accredits other organisations to train yoga teachers.

*Joint Effort Fitness*

If you think Treetops Hospice could assist you in looking after someone with a terminal illness or you have recently lost a loved one, please contact them on (0115) 924 1964 or visit [www.treetopshospice.org](http://www.treetopshospice.org).uk.

Ellis-Fermor & Negus have offices in Long Eaton, Beeston and Ripley. They offer a host of legal services to individuals, businesses and charities. Visit [www.ellisfermor.co.uk](http://www.ellisfermor.co.uk) to find out more.

