

Re'moving' pain

By PENNY BRAND

NUMEROUS horse riding and car accidents left Su Tindall in a world of chronic pain.

But thanks to a technique called rolfing, which sounds more like a dance move than holistic therapy, Ms Tindall developed a pain-free body when she reached her 40s.

"From when I was about eight years old, I have been going to physiotherapists and chiropractors," she said.

"I have had a lot of injuries and illnesses and in a chronic pain situation but I found rolfing really helped me."

Ms Tindall, 48, said rolfing was about changing people's posture and breaking their pain and postural patterns, which causes "a huge emotional release".

The practitioner uses slow, deep touch to stretch and move muscle and tissue.

So, why rolfing?

"It's a more holistic approach, it changed my nervous system as well as my physical structure, and instead of being 'on' all the time and constantly stressed, I learned to relax."

Ms Tindall has studied remedial therapy for eight years and recently opened



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HELPING HANDS: Su Tindall releases pain in patients using a technique known as rolfing.

the first rolfing clinic in Queensland.

MovingWell offers remedial, therapeutic and relaxation massage, as well as acupuncture, naturopathy, nutrition, physiotherapy, yoga, pilates and tai chi.

An open day on October 18 will feature free demonstrations, product displays and prize draws. The day runs from 10am-3pm.

■ MovingWell is at the Salisbury Sports Centre, corner of Evans and Toohey roads. Visit www.movingwell.com.au or phone 3277 1701.

WISE ADVICE

Su Tindall's top five tips for stress relief:

1. Breathe properly – most people breathe shallowly.
2. Keep yourself hydrated.
3. Take time out for yourself.
4. Surround yourself with positive people.
5. Have a positive attitude and stop stewing over things.

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What's on around Brisbane for Q150 – your celebration



Make sure you don't miss some of the biggest Q150 events to hit Brisbane. Mark them in your diary now.

At Our Table – Queensland Unearthed

When: Saturday 28 November, 6–10pm
Where: State Library of Queensland (Queensland Terrace)
Cost: \$60 per head (plus booking fees)
Bookings: www.q150.qld.gov.au or 13 62 46

Join renowned chef Alastair McLeod as he creates a uniquely Queensland culinary experience. Mingle with community chefs, share recipes, enjoy digital stories and taste the sensational delights of our food and cultural history.

Q150 Shed

presented by Bank of Queensland
When: 30–31 October (Caboolture)
 2–4 December (Brisbane)

Queensland's newest live entertainment venue is modelled on the typical Australian shearing shed and features the best home-grown talent. Come down and enjoy a night of song, dance and laughs!

Q150 Film Festival

presented by Warner Bros. Movie World
When: Friday 4 and Saturday 5 December from 6.30pm each night
Where: New Farm Park
Cost: FREE outdoor event

The Q150 Film Festival is a celebration of Queensland on film – incorporating not only our spectacular locations, but our home-grown directors, actors and producers. See films with a special Queensland connection such as *Happy Feet*, *48 Shades*, *Nim's Island* and *All Men are Liars*.

Proclamation Day celebrations

When: Thursday 10 December, 6.30am–11pm

Proclamation Day will culminate the year of celebrations across the State and recognise the contribution and support of all Queenslanders in 2009. There will be many events across the city's centre. The day will end with a bang with the Q150 Proclamation Day Concert featuring Brisbane's greatest band, Powderfinger.

www.q150.qld.gov.au

our people, our places, our stories...

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Q150 Film Festival sponsor



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