

ine?

## WIN – a luxury Stressless recliner worth £1500

### Relax in style with a recliner from Vale Furnishers



**V**ALE Furnishers wish *Herald* readers a very happy Christmas. To help you celebrate this festive season in style Vale Furnishers is giving one lucky reader the chance to win a luxury Stressless recliner valued at £1,500!

At Vale Furnishers, based in Ash Vale, you will find one of the largest displays of Stressless recliners and sofas in Surrey. The company's dedicated and professional staff will be able to help you find the Stressless chair that is tailored to suit to you. The winner of this fabulous piece of furniture can choose from a selection of leather and wood colours, ensuring you find the perfect chair for your home.

The ultimate in com-

fort, Stressless is made the way all great furniture should be: uncompromising in quality and innovative in design. It means that when you choose a Stressless recliner or sofa for your home, you're making a statement – telling everyone that you appreciate quality, style and, above all, comfort. To take a look at the Stressless collection and see what you can win go to [www.valefurnishers.co.uk/stressless](http://www.valefurnishers.co.uk/stressless). Vale Furnishers Ltd, Wharf Road, Ash Vale, Aldershot GU12 5AS is open Monday to Saturday 9am-6pm and on Sundays from 11am to 5pm. Call 01252 325255

It's easy to enter: simply answer the question below right and send your entry on the form provided to reach us no later than Thursday, December 24, 2009 when the editor's decision is final and there



is no cash alternative. Question: Which Surrey store has the largest displays of Stressless recliners and sofas?

Please write clearly on the outside of your entry 'VALE FURNISHERS COMPETITION' as failure to do so could result in disqualification. The winner has until

January 31, 2010 to select their Stressless chair at Vale Furnishers showroom and must allow 12-14 weeks for delivery.

All prize details and prices are correct at time of going to press. The winner will be notified by post by way of an official letter from Vale Furnishers after the closing date.

NAME.....  
ADDRESS.....  
AGE (if under 18).....  
PHONE NO.....  
EMAIL.....  
ANSWER.....

Send your completed form to:  
Sue Canfield,  
The Herald Series,  
114-116 West Street,  
Farnham, Surrey, GU9 7HL

**vale**  
furnishers

*Inside inspiration*

## Sign-up now for a course in January 2010

**D**ance-fit: Mondays - South Farnham 9.30-10.30, Pilates: Mondays - South Farnham 10.30-11.30, 6.30-7.30pm & 7.30-8.30pm, and Grayshott - 7-8.00pm, Tuesdays - Milford 9.45-10.45am.

Wednesday - Grayshott 6-7.00pm, Thursdays - Farnham 10.30-11.30am, and Elstead - 6.30-7.30pm, and South Farnham 7.30-8.30pm & 8.30-9.30pm. Classes open to men & women of all ages. Most

conditions can be catered for. Call or email for details, Gill Keitch 07887 570935 - [gill@fitforlife.gb.com](mailto:gill@fitforlife.gb.com) - [www.fitforlife.gb.com](http://www.fitforlife.gb.com)

## The Changes You Want

I qualified with master certifications in NLP, Hypnotherapy, Timeline Therapy and Coaching in 2007.

Since then I have had the pleasure of working with clients to make the changes they wanted and witnessed some truly wonderful results.

If you want to remove anger, fear, increase your self confidence, have you lost someone very dear to you and want to cope better or simply want to improve your life and achieve the goals you want, contact me on 01252 682161, [mdhamraiz@yahoo.com](mailto:mdhamraiz@yahoo.com) to arrange a 30 minute free initial consultation. Consultations thereafter will be held at Castle Street Clinic in Guildford.

## Fit for Life Personal Training

**W**inter is coming, but this is not the time to snuggle up in front of the TV, unless of course you have done your regular exercise routine. If you start now with that long intended fitness regime you can enjoy Christmas with a clear conscience! There will be no need for that annual New Year's resolution to lose weight and get fit, because if you start now you will already be feeling the benefits by the New Year.

As a fully qualified Personal Trainer I can offer you a fitness programme to meet your specific needs. One that you can do in the comfort of your own home, no need to go

to the gym. Mature adults welcome. Call me to arrange a free visit for a brief fitness assessment and to discuss your aims. Judy Sauter at Fit for Life Personal Training [judy.sauter@ntlworld.com](mailto:judy.sauter@ntlworld.com) Mobile 07788 814564.



## Fit for Life Personal Training

Free initial consultation  
Fitness programme to meet your aims  
Regular updates and monitoring  
Ongoing encouragement and motivation  
All in the comfort of your home environment  
Just do it and see the results!  
Mature adults welcome  
Call for more information  
Judy Sauter  
07788 814564  
[judy.sauter@ntlworld.com](mailto:judy.sauter@ntlworld.com)

Pilates Yoga-fit Dance-fit

• Dance-fit Monday am  
• Pilates for Beginners & Improvers  
• Daytime & evening classes  
• Various locations

Call for details

Gill Keitch 07887 570935  
[www.fitforlife.gb.com](http://www.fitforlife.gb.com)

## THE CHANGES YOU WANT

- Do you want to remove a phobia, anxiety, anger, fear?
- Are you suffering from a recent bereavement and want to cope better?
- Do you have problem relationship, problem conceiving?
- Do you wish you could change - feel better about yourself and have a life where you are achieving what you want?

To find out more and create these changes contact me for a FREE 30min initial consultation on:

Tel: 01252 882161  
Mob: 0780 385 7435  
Email: [mdhamraiz@yahoo.com](mailto:mdhamraiz@yahoo.com)  
Ms Manjit Dhamraiz

Master Practitioner in NLP  
Master Practitioner in Hypnotherapy & Master Practitioner in Timeline Therapy.

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