

East Lothian Courier. 3rd September 2009.

You only have to read the comments of satisfied customers to understand the benefits of a visit to State Theta Galleries in Ormiston.

Words such as "absolutely lovely , a wonderfully peaceful and welcoming atmosphere " , " Beautiful, full of warmth and creative inspiration " , "a great aspect for East Lothian"" give a flavour of what can be experienced there.

State Theta Galleries, situated in the picturesque village of Ormiston opens its doors to celebrate the beginning of its second year with a new Autumn term of movement classes starting 7th September, a special charity fundraising event 'Health and well-being day' on Sunday 27th September and an ongoing exhibition of local and international artists featuring the work of Tim Stead the visionary sculptor.

Benefiting from recent major renovation by its current owners this is a unique venue in East Lothian. Housed within the former village church hall, an impressive large open plan studio, under-floor heating, and wood burning stove create a friendly, warm, spacious and naturally light environment in which to enjoy the variety of activities and exhibits on offer.

Owner/Director Audicia Lynne Morley is a fully qualified teacher and practitioner and has a long established background in the arts, movement and clinical practice with over 30 years experience. Originally trained as a dancer/choreographer in the 1970s performing with companies in London, Taiwan and Scotland she has, since then, continued with extensive study and teaching traveling to the Far East, Europe and the US to work with renowned teachers from various disciplines.

"I have always been interested in the relationship between the arts and health. Having established a collaborative arts performance company in the 90s and a full time training in complementary health, State Theta Galleries and the projects we initiate and support augment this potent connection."

The name of the galleries refers to Theta the 8th letter of the Greek alphabet. Theta waves, found in the brain, appear during periods of insight and inspiration and are connected with memory, learning and the recognition of novelty.

Following the theme of collaboration, the joint approach of providing Movement classes and a complementary health clinic (Delicate Zen) within the Gallery space , offers a way of embodying an experience of connection, well-being and aesthetic.

Those wishing to attend the weekly movement classes can choose from a wide range of activities including T'ai-Chi Chuan, Pilates, Yoga and Chi Gung whilst

the therapeutic options of Delicate Zen include Shiatsu, Aromatherapy, Craniosacral Therapy, Manual Lymphatic Drainage Massage and the Halprin Life Art Work (based on the work of Anna Halprin who pioneered the development of Dance as a healing art in the west).

Students and clients come from all kinds of backgrounds and with differing needs. For some the main focus of attending classes is to improve posture, movement awareness, to release stiffness, increase flexibility and develop tone, muscular coordination and strengthen the body. For others it is to relax and recuperate from a debilitating experience, accident, operation or illness. The space here offers people some rejuvenating time for themselves and time out from their normal busy lives.

For those wishing to undertake a deeper journey exploring aspects of the human psyche and the creative needs of the spirit, the space provides a safe and contained healing environment.

Whether one attends a class, books a one to one treatment session, or enjoys a special event State Theta Galleries offers a relaxing and peaceful haven.

Here are some quotes taken from the guest book:

“There is a quality of attention that links what’s on offer. Audicia has an acute sense of aesthetic and eye for detail, the gallery always looks new with beautiful with unusual exhibits”.

“Her teaching and class content is highly skilled and echoes her wealth of experience”

“I feel completely safe in her hands, and come away feeling renewed and ready to face the world “

“Coming here has really helped me through a very difficult time in my life. I no longer have to take pain-killers, and my neck pain has completely disappeared. I come away feeling taller, lighter and happier, even my family has noticed”.

If you have not attended a term of classes at the galleries before, Courier readers are offered a £5.00 discount on the upcoming term’s classes. Other special offers include a 3 for 2. If you book in for 2 courses you can chose a 3rd course free,

The autumn programme of classes and workshops begins on Monday 7th September. Numbers are kept to a maximum of between 12 and 16 per class in order to ensure individual attention.

For further information on the special offers, classes and treatments and our special events including the Health and Well-Being' charity day on Sunday 27th September: contact Audicia at

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