

# Yes Bristol Annual Charity 'Basket Brigade' Auction

**Catalogue.** We list here all the items for our Auction, where you will be able to grab a bargain and help folk as well.... Lots to win at great discounts to market value, for you or as a gift for a friend. All proceeds to our charities this christmas. Awesome Bargains to be easily won by you. Make sure you don't miss out.... A great opportunity for you to win some awesome prizes at ridiculous prices....

**Lot 1 Traditional Thai Massage. 1 hour. Snailspace. Traditional Thai Massage is an ancient healing system that combines broad and targeted acupressure, stimulation and manipulation of energy lines called sen, and assisted yoga postures. Estimate £30 -£50**

**Lot 2 Kinesiology and nutrition session.** 1 hour. Jan Davidson. jandavidson.co.uk. Kinesiology is defined primarily as the use of muscle testing to identify imbalances in the body's structural, chemical, emotional or other energy, to establish the body's priority healing needs, and to evaluate energy changes brought about. Estimate £40 -£50

**Lot 3 Happi Me book.** New and fresh book improving happiness in children. Jo Richings and Abby Pickles. Estimate £5-£15

**Lot 4 2 personal one hour training sessions.** Lizzie Astin. Estimate £30-£60

**Lot 5 Kundalini clubbing ticket.** Katie Thompson. This vision was to activate the creative life force, known in Yoga as Kundalini, through the technology of Kundalini Yoga and Kundalini Dance, to take people to conscious clubbing heights, many have only experienced, or even thought possible, through drugs. Estimate £15-£30

**Lot 6 Network Chiropractor,** 1 hour. Michelle Heming. Network Spinal Analysis (NSA) and its closely related system of Somato Respiratory Integration (SRI) breathing exercises, is a form of treatment which releases and removes these deeply ingrained holding patterns and tensions. It does this through a very gentle system of light touches (called entrainments) and through coaching and exercises in breathing techniques. The practitioner tries to suggest to your body, through a series of light touches, how it might release tension and realign itself in a more balanced way. NSA seeks to help your body heal itself. Estimated £35-£50

**Lot 7 Vegan Tofish and chips,** Matter, 660 Fishponds Rd, Bristol BS16 3HJ. Estimated £5-£10

**Lot 8 Reiki Healing Session – with Clara Butler.** • Balance, Rejuvenate and Harmonise your body and mind. . • Reiki can help your body's natural healing ability on a physical, emotional, mental and spiritual level. Up to 2 hour session. clara.reikihealing@gmail.com Value £50. Estimate £30-£50.

**Lot 9 How to Trade Forex, Indices, Stocks.** 1/2 day one to one personalised training and Amazon Best Seller book. John Cato. <http://30minutetrading.com> – value £500. Estimate £150-£300

**Lot 10 Essential Colonic,** Danelle Parkinson. A colonic is the infusion of water into the rectum by a colon therapist to cleanse and flush out the colon. It is also called colonic hydrotherapy or colonirrigation. Estimated £60-£70

**Lot 11 Bespoke Painting,** Inez, Value £300. Estimated £100-£175

**Lot 12 One hour skype session** for either an individual or a couple. Joy Hicklin-Bailey is an expert facilitator and supports you in dismantling the limits, defences and trances of conditioning. Major

breakthroughs in ordinary life challenges, and often waking up in realisation of your nature, and of freedom and unconditional love and wholeness, are the gifts you receive. Estimated £79-£99.

**Lot 13 Contemporary Voice Training CD** from Artist Studios. Estimated £10-£20

**Lot 14 Jo's vegan nosh Book.** Estimated £5-£10

**Lot 15 £25 voucher for Riverside garden shop and cafe..** Estimated £12-£25

**Lot 16 Artist studios ,Recording Studio Party** for up to 8 adults. Value £300. Estimated £100- £200

**Lot 17 Bespoke child's book** by AA Abbott. Reserve of £100 estimated £100-£200

**Lot 18 Homemade cake.** Estimated £25-£35

**Lot 19 Tony Coll,** Networking minute. professional speechwriter & speaker coach will script for you the one-minute introduction of yourself and your company that you have to give at business networking events, keep rewriting with you until you're happy, and will then coach you in how to deliver it brilliantly. Value £500. Estimated £150-£300

**Lot 20 Artist Studios.Recording Studio Party** for up to 8 kids: Estimated £100-£160

**Lot 21 Hils crisp. Marketing Confidence Boost** 90 minute session with Hils Crisp, Marketing Confidence Coach. This online session will help anyone with their own business get to grips with their marketing, whether that be strategy or help with the detail of their offering or how to promote it. Estimated £100-£150

**Lot 22 Artist Studios Solo Recording Studio party:** Estimate £75-£100

**Lot 23 Tony Coll A Five Minute Speech** – by professional speechwriter and speaker coach on anything you like. Full writing and delivery coaching as above. Value £750. Estimated £150-£300

**Lot 24 Christmas Mat,** Rivendale carpets. Estimated £5-£10

**Lot 25 A Song** – by former BBC & HTV topical songwriter on anything you like, written and recorded by you or me, words & recording supplied. Value £750. Estimated £150-£300

**Lot 26 Focus Coaching for Business Performance Improvement** – 3 x 1 hours personalised coaching with John Cato. • NLP Master Practitioner • Associate Certified Meta Coach. • Blue Chip Business Consulting CEO for over 25 years. Value £500. Estimate £150-£300.

**Lot 27 Reiki Healing Session** – with Clara Butler. • Balance, Rejuvenate and Harmonise your body and mind. . • Reiki can help your body's natural healing ability on a physical, emotional, mental and spiritual level. Up to 2 hour session. clara.reikihealing@gmail.com Value £50. Estimate £30-£50.

**Lot 28 Happi Me book.** New and fresh book improving happiness in children. Jo Richings and Abby Pickles. Estimate £5-£15

## Terms and Conditions

Yes Bristol is not in a position to know or assess the quality of lots sold on behalf of donators. Buyers are given ample opportunity to examine the descriptions of lots sold and we'll assume them to have done so. They must rely solely on their own skill or judgement as to whether the lots of fit for any particular purpose and as to the compliance with the catalogue description or illustrations.

**Bids** shall be treated as offers made up on these conditions of sale and all persons present are admitted to a sale on the basis that they have notice of these conditions.

**The buyer** shall be the person making the highest bid which is acceptable to the auctioneer as signified by the fall of the hammer. In the case of a dispute as to the highest bidder during or immediately after the sale, the auctioneer may if he thinks fit put the lot up for sale again. The auctioneer has sole discretion to control the bidding. The buyer shall not become the owner of any a lot until the buyer has discharged the purchase price, but after the fall of the hammer, the risk of damage or loss shall be held by the buyer. Default by the buyer if the buyer fails to pay for or remove any lot bought by him or in any other material respect fail to comply with these conditions the auctioneer shall have the right to resell the lot by auction or to the next lowest bidder.

**Buyers duties:** the buyer shall as soon as reasonably possible after the sale of the relevant lot, supply their name and address and should be required to pay in cash a deposit of 25% or such further sum as the auctioneer made demand. The full purchase price should be paid within 24 hours of the close of the auction. The Buyer must remove/obtain the lots immediately after full payment.

**Liability** of auctioneer and sellers subject to condition a lots of sold with all faults and imperfections and neither of us or the auctioneer is responsible for any defects whatsoever no warranty is given or authorised to be given by the seller or the auctioneer with regard to the lot of the seller had the right to sell it.

**Catalogue descriptions** the auctioneer has taken care to see the catalogue descriptions are accurate and reliable but these are necessarily matters of opinion and should not be taken to be statements of fact. Neither the donor or the auctioneer are responsible for any correctness of any description of any lot or it's actually attribution in any manner to any particular originator.

**Proxy Bidding.** You may request Yes Bristol without legal obligation of any kind on their part to bid for the undermentioned lots up to the price stated all bids will be executed as cheaply as reserves and other bidders allow you agree that the bids are made in accordance with the conditions of sale as printed in the catalogue.

### All bidders should sign below:

Name:

Signature:

Date:

Address:

Telephone number

Yes Bristol contact details and email