

All workshops run for either 2½ or 3 hours unless otherwise stated. Light refreshments provided and comprehensive notes accompany all our workshops.

Positive Thinking

Practical steps to a positive way of thinking. You how thoughts shape your life, explore positive thinking to enhance your life, focus on what you want in your life, release negative emotions and replace them with positive new ones. £25

Emotional Freedom Technique (EFT)

A practical introduction to EFT where you will learn how to 'tap'. Learn how to tap away fears and phobias and how to tap to help raise your self esteem. £25

Meditation

Learn practical, easy to follow meditations to help you relax and rejuvenate. If you've struggled to meditate before this is the workshop for you. Whether you're a beginner or more experienced, all welcome. Come along and be gently guided through meditations and visualisations. Includes guided meditation CD tranquil journey (rrp£8.50) £30

Aromatherapy

An introductory workshop exploring aromatherapy with easy to follow instructions. £25

Indian Head Massage

An introductory workshop exploring Indian Head Massage. In this workshop you will learn the basic skills to carry out a simple Indian Head Massage on yourself, family and friends to help relax and unwind. £25

Crystals

A very practical workshop where you will discover ways to recognise crystals/gem stones and learn about their many and various uses. You will have an opportunity to explore meditation with crystals, dowsing (pendulum use) and use many different crystals during the workshop. £30

Crystal Room Sprays

Crystal room sprays are a wonderful way of using the energy of crystals to gently cleanse, balance, refresh and energise you and your home, promoting peace, happiness and harmony. In this workshop you will learn how to make your own crystal room sprays and linen sprays, choose, cleanse and dedicate your crystals, energise your water adding crystals of your choice, make your own essence to take away with you. £30

Dowsing for Health

A practical introduction to the ancient art of dowsing/pendulum use. Discover how to finely tune your intuition to provide guidance. Learn step by step dowsing sequences to assess remedies to improve your health and explore practical exercises to sharpen your dowsing skills. £25

Angel Cards

No previous experience necessary. You will quickly learn how to read angel oracle cards for yourself, family and friends. Discover how to start your day with inspirational guidance. £40
(Inc cards rrp £11.99)

Angels and Archangels

This workshop helps you to understand a little more about Angels and Archangels. £25

Chakras Made Simple

In this practical workshop you will explore chakras, where they are located in the body, how to balance chakras and chakra meditations. The more balanced we feel the more healthy we become. £25

Therapies and treatments to help you relax, rebalance and rejuvenate

- **Reiki Treatments**
- **Reiki with Crystals treatments**
- **Reiki Drum Technique treatments**
 - **Reiki Drum Healing Session** - The practitioner gently drums over the body of the client. The drumming is followed by normal hands on Reiki to help integrate the Drum Healing.
 - **Reiki Drum Mental Reprogramming** is a way of treating negative habits or natural tendencies. The technique can be used to overcome bad habits, to focus the mind on something important or for achieving a goal. Drumming facilitates the energetic shift necessary to positively affect the subconscious mind.
 - **Reiki Drum Journey** is a technique to facilitate altered consciousness for the client to access information for change in any area of their life. It can be used for healing personal issues, career concerns, relationship problems, accessing the client's inner wisdom and tuning into spiritual guidance. This technique can be exceptionally empowering and healing on all levels.
- **EFT**
- **Indian Head Massage**
- **Life Coaching**
- **Meditation**
- **Angel Card Readings** (In accordance with the Law, 'for entertainment purposes only')
 - 1-2-1 confidential readings. Find out what the rest of the year has in store for you.
 - You can ask questions about love, money, career and more.
 - Connect with your Guardian Angels, spirit guides, animal guides and your inner self.

To book

To book any workshop or therapy/treatment please contact me as soon as you can.