

WALMER NEWS

APRIL 2008

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**I.T.E.C Diploma Courses,
Workshops, Morning &
Evening Classes**

*See what Diploma courses
are coming up at Walmer,
Full details on Page 8...*

Editor's Note

Welcome to April Newsletter.

What a beautiful stretch in the evenings now. Don't you just love when the clock goes forward and all of a sudden its 8pm and still bright outside. Its almost like a wonderful gift of more time. The energy of these lovely long evenings have inspired my cover photo this month.

As always I hope you enjoy reading this months articles as much as I have enjoyed reading and publishing them.

Have an awesome April

Michelle Burke Delaney

news@walmer.ie

Weight Loss Clinic *by Janine*

The most effective and holistic approach to weight loss and lifelong weight management. Years are wasted on diets or in the gym through lack of understanding of nutrition, ineffective exercising, and incorrect mental attitude.

The beauty of this programme is that it's for everyone; young and **old, overweight or unfit, men and women. It's a sensible approach because that the only way to yield long term results. This is about total well being and that's an added bonus, something people don't bargain for.**

In the 8 Week Course participants will
Lose 10 - 14 pounds of body fat
Improve physical fitness, posture and energy

Tone and reshape the body

Stimulate metabolism

Burn fat and calories

Control calorie intake

Decrease intestinal blockages

Increase nutritional knowledge

Support Lean Muscle growth



The Weight Loss Clinic **really works.**

There's no fads or gimmicks, no time consuming recipes to follow or calories to count – it's practical and achievable and fits into your everyday routine.

Are YOU ready to embark on the most exciting challenge awaiting YOU?

Be taken step by step in a supportive, non-judgmental way. You'll learn what really works – This is an education, not only about weight loss, but also what you can do when you have the right attitude, combined with knowledge and support. The results will speak for themselves.

8 week courses Starting: 22nd April 7 – 8pm. There is no need for workout gear, just come as you are. We give a 20 minute course explanation the first night. You pay nothing unless you decide to stay and do the course.

Cost €120

We accept Cash or Cheques only Please

Guidance from the Angels

by Mildred Ryan

From time to time when we have decisions to make or problems to sort out, it is really helpful to ask the Angels for guidance on the steps to take to resolve a situation, or to help set us on the right course.

The Angels are our constant companions and are ready and willing to help us in every area of our lives, guiding and comforting us. All you have to do is ask, and you will receive a reply. Here are some simple steps which

will help you set up a meeting with the Angels of Guidance, and receive a reply.

Find a quiet space and time in your home where you won't be disturbed, light a candle, play soft gentle music, wrap yourself in a warm blanket or shawl, and enjoy the peace and tranquillity for a while. Don't rush to ask your question, just continue to relax and give your mind something gentle to focus on - a beautiful sea-shore, blue sea, warm sand and a golden sun shining down. As you breathe in, imagine your breath like a wave in the ocean coming to the shore, and as you breathe out, see the wave returning back to the ocean.

When you feel warm and relaxed, you can ask your Guardian Angel and Archangel Gabriel and the Angels of Guidance to be with you. They will surround you with their guiding light, and you can talk to them and ask any question you have, or ask that you be guided and inspired with the solution or action you need to take.

To receive a reply all you need do is to continue to relax and be open to any wise thoughts that drop into your mind, any images, feelings of joy or well-being about your possible new project or venture. You can be sure that the Angels have heard your request, and a reply will be given. If this doesn't happen right away, then the answer will be given to you at a later time, perhaps through a book you just happen to open at the right page, hearing something on TV or the radio, or a friend giving you just the right information.

You can also ask the Angels to set up the amazing and magical synchronicities which will draw the right people and situations to you so you can manifest your heart's desire. The Angels love you to follow your heart's desire - to do whatever will bring you the most fulfilment and joy - always keeping in mind that what you ask for will be for your highest good and the highest good of everyone else.



So expect amazing results and remember to thank the Angels.

Mildred runs Angel Workshops in Walmer and facilitates the Diana Cooper Teacher Training Courses on Angels, Ascension, and Golden Atlantis.

The next Angel Day is on Sunday 25th May, working with gentle exercises and meditations, relaxing in the company of the Angels, as they gently and lovingly guide us to create more Love, Joy and Abundance in our lives.

www.mildredryan.com

The Bach Original Flower Remedies by Carmel Clarke

Menopause

The **Bach Original Flower Remedies** are a simple, natural and effective system of medicine. Dr. Edward Bach, a noted doctor, homeopath, bacteriologist and immunologist believing that a healthy mind is the key to recovery from ill health, developed them in the 1930's.

The **Bach Original Flower Remedies** can help with the Menopause. When a woman reaches about 50 years of age she stops menstruating. The hormones Progesterone and Oestrogen are responsible for this. Progesterone stops completely and Oestrogen continues to be produced but not as before. A lot of women welcome the new situation and do not have any symptoms while others are affected by many common symptoms such as depression, lack of confidence, feeling no longer attractive and the list goes on. It is a major change for women. Early menopause can also happen as a result of surgery, radiotherapy, chemotherapy or something else.

The **Bach Original Flower Remedies** will help you to feel more positive about this change. If you can look at it as a new beginning when the responsibilities of family are hopefully lessened leaving time to take up new interests such as a course in Walmer College perhaps.

The following remedies can help with a lot of the emotional feelings that can arise for a lot of women:

For any change – **Walnut**
Mood swings – **Scleranthus**
Irritability – easily agitated – **Impatiens**
Anger, suspicion, jealousy – **Holly**
Hot flushes, anxiety, nervousness, excitement, fear of the day ahead – **Mimulus**
Tired – because of night sweats – **Olive**
Lack of confidence – **Larch**
How you look – **Crap Apple**
Disappointed causing depression – **Gentian**
Weeping and shouting and not being able to control what is happening – **Cherry Plum**
Tired and can't get going – **Hornbeam**
Poor me, resentment – **Willow**
Heartache – **Sweet Chestnut**
Giving up/hopeless – **Gorse**
Resigned and apathetic – **Wild Oat**
Causing a strain with those around by being argumentative – **Beech**

The remedies are chosen on an individual basis. Dr. Bach advises that up to 7 remedies can be taken at the same time. Simply put 2 drops of your chosen remedy into 30 mls of fresh water in a small brown bottle with a pipette and take 4 drops by 4 times per day. They are perfectly safe and do not interfere with any other medication or supplements. If at all concerned always talk to your doctor. The remedies are preserved in a grape alcohol solution and are diluted homoeopathically.

What else can be done to manage this change? Are you eating a good range of fresh vegetables, fruit, grains, nuts, poultry, meat, and fish? Are you drinking water? Do you get enough rest? Would you do something that is outside of your comfort zone? Would you learn to relax with something that makes you feel good? Would you have a Shiatsu treatment? Would you learn to meditate? Would you get a medical check-up? Would you talk to a nutritionist? Would you take supplements? Do you exercise every day? Would you use Rescue Remedy Cream for dry skin? Remember like a good vintage wine this can be a time of a women's life which can be very fulfilling,

If you are interested in learning how to use the **Bach Original Flower Remedies** for everyday use with family and friends or to become a registered practitioner, contact **Walmer College & Holistic Centre, Tel. 01 8329645**. The next course will take place on the **17-18th May 2008**. There is more information at the back of this newsletter.

For information, a private consultation, part time course options, themed workshops, talks or to have a blend of remedies made up for you, contact Carmel at 01 8672076.



Style Clinic @ Walmer, Raheny

Sunday 13th April, 10am-2pm, €55 p/p

Treat Yourself * BOOK NOW



In this practical, hands on Style workshop with Maria Lynch from MJL you will learn about the main **style rules**, how to dress for your **Body Shape** and Body Scale, what parts of your body to camouflage and what to enhance, how to **accessorize**, how to make the most of your face shape and how to dress for your personality and lifestyle. You will also learn how to be a savvy buyer.

The Style clinic will finish with a section on Life coaching tips to help **carry yourself with confidence** looking and feeling fabulous!

To secure your place: leave your name at Walmer reception or contact 01-8329648. Contact Maria Lynch directly at 087-2794346, e-mail maria@motivatedjoyfulliving.ie visit www.mjlive.ie

www.motivatedjoyfulliving.ie



Faith and The Healing Angels of The Energy Field *by Veronica Hannon*

Angels are surrounding us, supporting us in our self – healing journeys to restore balance to the physical body and the corresponding energy fields...We are becoming aware as our higher chakras or spiritual energy centres open up, many are drawn to co create healthier, happier lives using the high frequency energy of the Angels. As part of the Heaven on Earth project we can invite them to help smooth our pathway to Ascension, heal at every level of existence, take our body mind and spirit to the next level as we recognise and remember our Higher LIGHTER Angelic vibration.

All across the world there are little sparkles of consciousness floating down like little angels to those people who are working on their issues, goals and choices. More people feel comfortable with the energy and presence of angels who provide deep insights into their past lives and current challenges raising their consciousness in the process.

“I Believe in Angels “



Through making an “angelic heart Link “tremendous light, love, and healing power flow through the angels to keep our bodies clear and flowing. In a time of planetary change and spiritual unfold-

ment angels are showing us a more spiritual way to understand our lives. Their energy and messages are so powerful they can help us to find our true purpose in life and elevate us to a state of pure joy, love and light.

Angel Faith, Angel Faith gives us HOPE she is close by when life disappoints us, she helps us discover that there is a Divinity bigger than ourselves that knows what is going on in our lives.. Faith inspires us to penetrate deeper into our being, to look upward, to trust our Higher Angelic Mind, to let go of worrying, be freer, less stressed, more confident, healthier and happier. She helps us to build self esteem, through self – love self – trust and self – respect...

“I am a radiant being of love and light and I value who I am “

By “heart - linking” to The **Healing Angels of the Energy Field** we open up to their gifts.

We can receive their loving guidance as friends and teachers, happy to touch our heart and our soul as part of our personal and spiritual growth. (Healing with the Energy of Angels, Ariel is channelled by Steven J. Thayer. www.CenterOfBeing.com)

As part of the Divine Plan the angels can help us lead more balanced lives. They energise us through co incidences, chance meetings, they help us re claim our power, find our soul mate our twin flame, they whisper in our ear.

The Angels work hard to find minds and hearts that are open to receiving their guidance and they will not cease until they have accomplished their mission. As we open to the healing power which flows through them we become a pure vessel of unconditional love, free from pain and suffering. With this release great healing occurs. Feeling stronger with an empowered heart, we can express our true essence into the world in service to others and miraculous changes can occur in our lives. . We need Angelic support and guidance to strengthen our inner world and help to bring love and peace into our lives and into the lives of others.

Learn more by attending the “ Healing With the Angels “ Workshop with Veronica Irish Mystic, Psychologist, Reiki 11, IET Master at Walmer College in Raheny, Sunday April 20th time 9.30 to 5.00 pm. Price E110...

Receive a copy of “The Healing Angels Workbook “and a Certificate

A deposit of E50, payable to Walmer College will reserve your place. Call Veronica 087 4130124 or Walmer College 8329645

With many years experience as a Mystic and a Psychologist, Veronica’s orientation is heart and soul centred. Infused by the 9 Healing Angels she works as a clear channel to assist your transpersonal view of life as you anchor your Angelic Self so you can remain balanced through change both internal and external.

This is an ideal day for people who love angels. Enhance your life, obtain a deeper understanding of the healing Angels, Ariel, Raphael, Gabriel, Celestina, Faith Cassiel, Daniel, Sarah and Michael...A Healing Angel Class Workbook provides you with a description of each angel, the special prayer of invitation for each angel, and a space for you to journal your experience of each angel.

People find this workshop tremendously inspiring, they enjoy every minute of it as

they learn to move their energy gracefully and easily around any of life’s obstacles. Many go on to use the Healing Angels energy to heal their lives.

“In This Moment there is Heaven on Earth “

Veronica Irish Mystic, Psychologist, IET master, Angelic Light worker, Medium

veronicairishmystic@yahoo.com

“In This Moment there is Heaven on Earth “

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HEALING CORNER

by Michelle Burke Delaney

Being an avid Reiki Practitioner, I just love that feeling of being totally embraced by the energy and working for the highest good of every client. It is a great gift in my life which totally nurtures me and never feels like work.

Reiki has a great ability to move you through life and at the moment I find myself with a desire to explore other Energy Therapies. I have decided to treat myself to a course or treatment every month and will review them back here in the monthly newsletter. You may see or read something you are interested in yourself. I’m not out to compare one against the other, merely to see each one for what great gift it has to offer. After all, we are all on a journey in the same direction but using different methods to get there.

This month I will be doing an IET weekend with Deborah Gorman in Walmer. IET or Integrated Energy Therapy to give it its full title, promises a weekend of self-healing (can we ever get enough of that), attunement to angelic energy, heart linking with Angels and energy clearing. Sounds fab already.

I will see you all back here at the Healing Corner next month to share my experience.

Integrated Energy Therapy, Basic & Intermediate, Sat/Sun 26th / 27th April Advanced 25th May. Full Details on Page 9. To book a place, please contact Reception on 8329645 / 8329648

Oils for beautiful skin – focus on Argan oil (*Argania Spinosa*)

I first came across argan oil while on holiday in Morocco some years ago and was amazed at its ability to soothe my sunburn as well as its sun screening properties. The Argan tree is unique to South West Morocco and the oil is made by cold pressing the seeds inside the nut of its fruit. The tree (now an endangered species) is believed to date back 25 million years and to have once covered North Africa. The Argan grows wild in semi-desert soil, its deep root system helping to protect against soil erosion and the northern advance of the Sahara. It is perfect for this harsh environment as it can survive heat, drought and poor soil. The trunk of the argan tree is often twisted and gnarled and the fruit has a green, fleshy exterior, similar to an olive, but larger and rounder. Inside, there is a nut with a very hard shell, which contains several almond-shaped kernels. Goats like the pulp of the argan fruits and often clamber along the branches to get at them. They will digest the pulp, but eliminate the undigested seeds in their feces. As these have shells that are softened and easier to crack, they are occasionally used to produce oil for non-culinary purposes.

The production of argan oil, which is still mostly done by traditional methods, is a lengthy process. Each nut has to be cracked open to remove the kernels, and it is said that producing one litre of oil takes 100kg of fruit and 20 hours work.



The most labour intensive part is removal of the soft pulp which is used as animal feed and the cracking by hand, between two stones, of the hard nut. The seeds are then removed and gently roasted which accounts for part of the oil's distinctive, nutty flavour. The traditional technique for oil extraction is to grind the roasted seeds to a paste with a little water in a stone rotary 'quern' which you can see in the photo below. The paste is then squeezed between the hands to extract the oil. The extracted paste is still rich in oil and is used as animal feed or sweetened with honey and served as a dip for bread at breakfast time in Moroccan Berber households. Oil produced by this method will keep for 3-6 months, and will be produced as needed in a family (generally for cooking) from a store of the kernels, which will keep for 20 years unopened.

Argan oil is slightly darker than olive oil, with a reddish tinge. As well as its uses in cooking, it is claimed to have various medicinal properties, such as lowering cholesterol and in recent years there has been a growing interest in its cosmetic uses as it is very rich in Vitamin E and Omega 6 which

stimulate and help re-generate skin cells. It is ideal for use before and after exposure to the sun and for mature or damaged skin as well as for acne, chapped skin, stretch marks and wrinkles.



Bottles of what pass for argan oil are sold along the roadsides in Morocco but is sometimes difficult to tell if they are genuine. Because the oil commands a high price, sellers are often tempted to dilute it with cheaper oils. Some bottles simply contain olive oil, coloured with paprika or other substances.

Argan is one of the oils we will look at on the one day CThA approved Natural Facial course in Walmer College on Sunday 1st June.

Cosmetic procedures now available. Dr Brenda Maguire is now performing muscle relaxing injections and dermal filler injections for the treatment of fine lines and wrinkles. Safe, effective and clinically proven techniques. Treatments take approximately 30 minutes. Rapid results with minimal discomfort. Brenda is a local GP trained in cosmetic procedures. For written information or to discuss the procedures with Brenda please contact reception."

Charity Day for Temple Street 27th April 08 10:30am–3pm

Come along and have a Manicure, Pedicure, or Onsite Massage and leave a donation. Look forward to seeing you on the day.

Treat yourself to a Life & Image makeover

Image, Colour & Style Consultations

Do you want to know what colour, make-up and clothing styles will favour your looks and get you more compliments?
Have you just had a baby and need a boost?
Are you facing a landmark birthday and want to look amazing?
Individual Colour and Style Consultations are once off sessions that will cost you less than your last wardrobe mistake.

Life & Career Coaching

Are you stuck in a rut? Do you hate your job but don't know a way out? Are you scared to go back to the work force?
People come to coaching because they want change. Coaching can help you regain passion and enthusiasm for your life and motivate you to take action towards what you really want to do in a safe, confidential and empowering environment. A few sessions with Maria can make a positive impact in your life.

Contact Maria Lynch directly at 087-2794346 or visit www.mjl.ie
Contact 01-8329648 for an appointment in her Practice at Walmer Holistic Centre, Riverhouse, 1st floor, Raheny Shopping Centre.

MJL
Motivated Joyful Living

www.motivatedjoyfulliving.ie

Your Planetary Pathway

by Shirley Johnson

- APRIL 08 -

As Easter fell in March rather than April this year, there are no major Christian festivals this month. It is, however, the time of the Jewish Passover, beginning at sundown on the 19th. Passover commemorates the exodus of the Jewish slaves from Egypt and is therefore a good time to celebrate our own freedom and think with compassion of those people who are now enslaved, whether literally or figuratively.

April 22nd is Earth Day world-wide and a time for us to think about our home planet and consider how we can make it a better, greener, safer, more loving place to live.

April 30th is the day when we remember the holocaust and man's inhumanity to man. It may be good to take a moment on this day to send loving thoughts around the world, especially to those suffering under conditions of war, injustice, famine or poverty.

With the Sun and Mercury in Aries as April begins, we can put enormous energy and enthusiasm into new ideas and projects of all kinds. Don't hold back – go for what you want! Gentle Venus joins these two in Aries on the 6th, which



means that others will join us in our enterprises. We'll make new friends and be very tactful and loving in what we want to achieve. The New Moon in Aries on the 6th marks the start of personal plans (and for Sagittarians, maybe a brand new romance!)

Meanwhile, rebellious Uranus is hiding his head – the ideas you have for changing your life in surprising ways are secret, just for now.

With Mars continuing in Cancer, we're still looking after everyone and everything – our families and all of those we love, our homes, our gardens, our pets, even our country. This is the time to show your family how much you love them and to make a safe place for yourselves. And there are certainly those around us right now who need our care

and compassion. It's an excellent time to organize or attend a healing group or workshop.

At the same time, Jupiter is urging us to spread our wings and look at what the world has to offer. From our safe base, we're planning journeys and holidays and if these can have a special purpose, then so much the better at this time. Bigger plans, for



emigration or a career change, will be set aside for a few months, from the 2nd.

Sober Saturn, meanwhile, is still urging us to improve our health, to organize a fitness regime and to work hard.

By the 20th, the Sun and Mercury have moved into earthy Taurus. Those exciting Arien ideas can now take on a greater physical reality, as we slow down a little and consolidate our plans. The Full Moon in Scorpio on the 20th will mark the completion of a cycle for all of us, probably something begun in November.

This month is a time for sowing and tending seeds and for looking towards the future we so dearly desire. Your affirmations can have great power now.

SHIRLEY JOHNSON is an astrologer and past life regression therapist of many years experience. You can make an appointment with her by ringing 086-3854811, by contacting Walmer, or by e-mailing Shirley direct at astroquest@hotmail.com.

Dear friends

Hope you are all well. This is just a quick note to tell you about the workshops I have coming to Ireland this summer at Walmer College in Raheny.

June 27th **Introduction to Indigo Children** (7-9).

June 28th One day workshop (it is recommended you take the Fri also) **Parenting Indigos**, also useful for school teachers or those dealing with children on a daily bases. And on

June 29th **Spiritual Healing for Indigo Adults - the Point of Essence Process.**

Full details are in the Workshop Section on Page 10. This is leading edge information and techniques. I am very excited to share them. It will be fun and informative. Please bring photos of your children as I hope to get time to give some readings.

I am currently developing an on-line service for my healing practise and my spiritual readings. This work will be done using photographs and working via email and over the phone. If you feel you would be interested in these services please email me at siobhan@siobhanwilcox.com to find out more information.

I just returned from Hawaii after completing Doreen Virtues Angel Therapy Practitioners Course. Very powerful, I have also studied Soul Memory Discovery and Spiritual Healing for Indigos this year, both amazing healing modalities. While in Ireland I will be doing some one-to-one sessions.

If you are interested in these workshops contact Walmer College at Riverhouse, 1st. Floor, Raheny Shopping Centre,

Raheny, Dublin 5, Ireland.

Tel. 01 8329645

for more details. I would recommend booking early as there is alot of interest in this workshop.

Love, light & peace, Siobhan Wilcox

SUZIES STARS



APRIL 2008

It is time now to reflect, retreat and rejoice! All things and problems can and will be overcome this month. First though give yourself some time to reflect with a peace of mind that will give you a serenity not felt for a while. Family harmony is assured as you slowly awaken to new ways and choices available. Worries start to disappear and great joy arrives!

Suzie does readings in Walmer using a variety of different cards. Appointments can be made by phoning 8329645. Find out what the next six months has in store for you!

Aries – Mar 21 – Apr 20

April gives you the opportunity to express and embrace life. You may find for part of the month that you need a little time out for yourself – this can only be a good thing as once you get your mind/priorities sorted out there is just no stopping your energy and enthusiasm. Great opportunities and abundance are here for you this month – don't miss out!

Taurus – Apr 21 – May 21

This is a month of listening to your heart and not your head. There is just too much information, angst and conflict going on in that mind of yours! Trust your instincts even if it means taking the unconventional route. Harmony and healing is here for you now just trust yourself and go for it!

Gemini – May 22 – June 22

Why are you stressing out over something that hasn't happened yet? Worry about today & let tomorrow look after itself. You are far too hard on yourself so stop fretting and allow yourself to trust for you truly know all the answers. You are wonderful, creative and a truly joyful person - just remember it!

Cancer – June 23 – Jul 23

April is all about choices and power. If you feel a little uncertain about which direction to take, you need to take a step back and re-assess your current situation. Make sure the decision you make is yours and not your ego speaking. Call in Archangel Michael for guidance, protection & clarity.

Leo – Jul 24 – Aug 23

You have the ability to turn a negative situation into something beautiful and beneficial for you this month. New ways of thinking and being will see you surrendering any doubts and trusting that you are being supported, knowing that you are much loved. A celebration sees you socializing and making merry with good friends so try to relax and enjoy.

Virgo – Aug 24 – Sept 23

April sees your wish being granted or a prayer being answered. Just be careful what you wish for! Make sure it's from the heart and do not allow yourself to become disillusioned. You get the opportunity to face a big fear this month, so its time to take a deep breathe and go for it. Make sure that you are ready!

Libra – Sept 24 – Oct 23

April is a month of balance, harmony and moderation. Try and keep things under tight control. You may find that you need to retreat or take some time out to obtain clear inner seeing and to avoid any self deception. If you can achieve this, great joy will enter into your life this month.

Scorpio – Oct 24 – Nov 22

April sees you surrendering and releasing your frustrations and struggles as you experience some delays. You are consciously planning and laying firm foundations for the future. You can not rush this! Remember to have some fun and enjoy life by dancing, chatting, travelling and mixing with others. All will be moving forward again soon!

Sagittarius Nov 23 – Dec 21

You need to trust your feminine instincts this month whatever your gender! Throw off any inhibitions you have and enjoy. Dance like crazy as if no one is watching. You are full of mystery this month and someone finds that extremely attractive. New love arrives from someone who is very passionate and genuine. What are your instincts telling you?

Capricorn Dec 22 – Jan 20

April sees you looking at the spiritual meaning behind what is happening for you now. Have no regrets. April also sees you bringing your life into balance, trusting yourself, seeking and finding inner peace. Stand your ground when dealing with a stern figure of authority. Respect is well earned this month.

Aquarius – Jan 21 – Feb 19

April is a lucky and much blessed month for Aquarius. Watch out for signs and subtle messages coming to you. You are being looked after and helped, all you need to do is ask!. Romance plays a bigger part in your life now. Someone is definitely interested!!! Just open your eyes and smile!

Pisces – Feb 20 – Mar 20

April sees your heart and mind working together, true creative knowledge is the result. This is a time of study and learning, leading to a higher spiritual understanding. You are very passionate and fiery and only you know when the time is right to proceed. You feel very connected to nature now so get out into it and enjoy!

Walmer College & Holistic Centre

ITEC DIPLOMA COURSES INTERNATIONALLY RECOGNISED



APRIL 08:

ITEC Manicure & Pedicure
ITEC Waxing

MAY 08:

ITEC Holistic Massage / Anatomy & Physiology Onsite & Stress Management Raheny
ITEC Anatomy & Physiology only.
ITEC Stone Therapy Massage
ITEC Aromatherapy
ITEC Indian Head Massage (morning)

JUNE 08

ITEC 2wk Full Time Holistic Massage (for those with ITEC A&P and Unit 22)
ITEC Indian Head Massage (evening)
AINT Professional Gel Nail Cert Course

JULY 08 MINK Professional Eyelash Extension Certificate Course
OPEN EVENING (7th) 7pm–9pm

SEPT 08 ITEC Holsitic Massage / Anatomy & Physiology and Anatomy & Physiology only (Raheny & Julianstown)
ITEC Beauty Specialist
ITEC Thai Massage
ITEC Onsite Massage
ITEC 1year Full Time Massage Specialist
ITEC 1year Full Time Massage & Beauty

OCT 08

ITEC Sports Massage
ITEC Diet & Nutrition
ITEC Diploma in Lecturing
Mid-Term Break Massage & Beauty Camp



OCTOBER MID-TERM BREAK
MASSAGE & BEAUTY CAMP

OPEN EVENING
MONDAY 07th JULY 08
7pm–9pm
ALL WELCOME

**Call for College Prospectus TODAY !!!
OR VISIT US ONLINE at www.walmer.ie**

OTHER DIPLOMA COURSES

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher

NEXT DATE TBC 10:30am—6pm.

During this workshop you will receive attunements which open you permanently to the universal ray we call Reiki. These enable you to channel Reiki through your hands for yourself and for others. You will learn: The history of Reiki, The basic healing patterns and hand positions, How to give yourself a full Reiki treatment, The functions and importance of the chakras. **Cost : €250 (includes 2 support group meetings 10th and 17th April (7pm—9:30pm))**

Reiki 2 Workshop

With Catriona Doyle Reiki Master/Teacher

Next Date TBC 10 :30am - 6pm At this workshop you will receive attunements that will further open you to the Reiki Energy. These attunements will enable you channel a higher voltage of Reiki Energy through your hands for yourself and others. You will learn:- Sacred Symbols (each symbol has a specific purpose that is empowered by Reiki 2 Initiations), Distance Healing and Recap Reiki 1. **Cost : €350 (includes 2 support group meetings, 7pm—9:30pm)**

Reiki 3—The Master

Level With Catriona Doyle Reiki Master /Teacher **NEXT DATE TBC 10:30am— 6pm €450** At this Reiki 3 workshop you will Receiver your Master Level attunement, review everything from Reiki 1 and 2, receive the Master symbol and learn the attunement process for Reiki 1. This level completes the learning from Reiki 1 and 2 and grounds the energy firmly within you. Collectively Reiki brings you home to yourself, your spirituality and your place in God. Complete Integration. I look forward to your company.

Follow Up meetings

Reiki Student Support & Exchange 30th April 2008 (WED)

7pm—9:30pm Cost : €25 This evening gives past pupils who have trained with us regardless of what level an opportunity to get in some practice, have a chat, feel supported on their Reiki path and give and receive a healing.

Integrated Energy Therapy ®Class with Deborah Gorman

Basic and Intermediate combined 26th & 27th April €350,

Advanced Level May 25th €200.00

Our IET training classes are each powerful days of self-healing and energy therapy training. In each class you will be attuned to a powerful angelic energy. You will then learn how to heartlink to the energy of your angels and use their energy for healing. You will learn how each primary human emotion is correlated to a specific physical region of the body, as well as how to use the IET integration power points to clear them. Fully illustrated training guide and certificate provided with each class. No prior energy therapy experience needed. For further information, please contact **Master Instructor Deborah Gorman on 01 8417645.**

Diana Cooper School of Angels & Ascension

TEACHER TRAINING COURSE

Course Tutor: Mildred Ryan, Master Teacher

Do you want to lead your own workshops and teach others about Angels or Ascension? Do you want to be a light going out into the world? Then this is your opportunity to manifest your dreams ...

You will be empowered with the **knowledge, skills and confidence** to facilitate workshops and talks, and spread the Light of Angels and Ascension in your own creative way, either through leading your own groups and workshops, or spreading the Light among your family and friends, within your workplace or community.

This is a journey of spiritual growth, expansion and empowerment – a step into your full potential, becoming all you can be.

Next Course starts September 2008

September 19-21, October 18-19, November 15-16, December 13-14, January 17-18, February 7-8, March 21-22,

This Teacher Training Course is facilitated in Ireland at Walmer College by Mildred Ryan, Angel, Ascension and Golden Atlantis Master Teacher of the Diana Cooper School.

Full course information can be viewed on website: www.mildredryan.com.

For further information, course prospectus and application form contact Mildred at 01-4935035, email: mildred@mildredryan.com

Diana Cooper School Golden Atlantis Teacher Training Course

NEXT COURSE : OCTOBER

Course Tutor: Mildred Ryan, Master Teacher

The Golden Atlantis Teacher Training Course has been set up to explore the time in Golden Atlantis when the spiritual frequency was the highest it has ever been on the planet.

The aim of this course is to reclaim the wisdom, spiritual power and knowledge from Golden Atlantis to enhance our lives today, and to empower people to develop and run their own Golden Atlantis workshops, and spread the knowledge to others, so we can all move forward together.

You will learn techniques for raising your frequency and reactivating your higher chakras and dormant strands of DNA, and reclaiming your psychic and spiritual gifts. You will be connecting with the higher light, wisdom and joy of the Angels of Atlantis, Unicorns and Dolphins, and will be exploring healing with Crystals, Colour and Sound. The prophecies and higher energies of 2012 will also be clearly explained.

This Golden Atlantis Teacher Training Programme is based on Diana Cooper's book 'Discover Atlantis', and is facilitated in Ireland at Walmer College by Mildred Ryan, Angel, Ascension and Golden Atlantis Master Teacher of the Diana Cooper School.

Full course prospectus from Mildred at 01-4935035 www.mildredryan.com

College of Elemental Chi Kung Teacher Training

Chi Kung is an ancient form of exercise that promotes the flow of vital life energy (Chi) throughout the body. Kung translates as work. Chi kung comprises – mobilising the body and joints, breathing techniques, slow movement exercises, static postures, meditation. With time and practice an easy and effortless quality of movement emerges, improving health and mental clarity.

The College of Elemental Chi Kung offers a progressive approach to Chi Kung that incorporates classic styles and philosophies with modern bodymind and energy concepts. Our teacher training program allows the student to learn several ways to improve his/her health as well as the health of others. The successful student will be able to teach the methods and techniques, learned at the College of Elemental Chi Kung, in the community

These techniques are beneficial to alternative medicine practitioners (i.e.. shiatsu, craniosacral etc.). The techniques taught are also beneficial to orthodox western medical practitioners (i.e. physiotherapist, mental health practitioners).

Continued over ...

Continued from page 9 ...

The techniques taught by the college are safe, simple, and fun; so great for the general public.

Seminar 1: 08-11 May 2008

Seminar 2: 11-14 July 2008

Seminar 3: 11-14 September 2008

Seminar 4: 06-09 November 2008

Seminar 5: 08-11 January 2009

Seminar 6: 12-15 March 2009

Seminars 7-10: To Be confirmed Fees : €4500

www.elementalchikung.com

WORKSHOPS

Hopi Treatment Workshop with Hopi Concha

With Wiktor Siwek

Sunday 06th April 08 10:30am – 5:30pm
Cost 200

Hopi Concha is a treatment technically similar to the Hopi Candling but is 4 times more effective than Hopi Candling. This is the first workshop of its kind in Ireland.

There are 2 aspects to this treatment. The first is a typical healing/curing method. The process of Hopi candling involves a specially designed hollow candle being inserted just inside the ear canal. The candle is then lit and the suction that is formed draws the impurities from within the ear. This process is known as the chimney effect. The rising air gives the ear drum a gentle massage and also helps to regulate ear pressure. During this workshop we will be using the original Hopi Cones (not Hopi Candles) which will be available for students to buy at Walmer. These cones were made by original Hopi Indians recipe.

The second aspect is the ancient shamanic ritual. In ancient times this ritual was reserved for rulers and leaders of the Indian tribes in South America and therefore the knowledge is kept sacred for students who attend this workshop. During the day there will be a strong emphasis on protection of the therapist and the client. Each participant will be asked to sign a declaration stating that they will carry out the treatments as it was shown at the workshop.

Concha Certificate will be awarded on completion.

The Balanced Health foundation course in Systematic Kinesiology.

How To Feel Great and Have Boundless Energy ...In Less Than 8 Days. Our 4 weekend course is a must for anyone interested in learning how to reduce stress, get more from life or start a new career in holistic health. Foundation starts 5-6 April 2008; Diploma starts June. Visit www.BalancedHealth.ie for more

details, or call Siobhan at TASK Ireland on 087 271 9863.

Style Clinic Workshop

with Maria Lynch, BA Business, MScMP, MLBCAI, iici (assoc)
Sunday 13th April 10am - 2pm Special introduction price: €55 per participant
Theme: Style Workshop

Treat yourself to this practical and inspirational talk on Image, Style & Life Tips with Maria Lynch from MJL-'Motivated Joyful Living'.

Everyone has the right and the potential to be stylish.

In this practical, hands on workshop you will learn about the main Style Rules, how to accessorize, how to dress for your Body shape and scale, how to make the most of your face shape and how to dress for your personality and lifestyle. Knowledge is everything in the style stakes: the more you know the less mistakes you make, the less you need to spend and the easier it is to look and feel great. You will also learn how to be a savvy buyer.

The style clinic will finish with a section on Life coaching tips to help carry yourself with confidence - looking and feeling fabulous!

This workshop will be practical and fun. This is the kind of workshop you do with your best friend :)

Please book in advance to secure your place. Contact Walmer reception or Maria directly at 087-2794346 or e-mail maria@motivatedjoyfulliving.ie www.mjil.ie www.motivatedjoyfulliving.ie

Emotional Freedom Technique

Level 1 19th April

Taking this workshop will allow you to take full control of and responsibility for, your own healing power. From anxiety removal to improving your performance. From beauty and health to learning faster, thinking better, from getting rid of allergies to having much more delightful relationships - ... and much, much more! **85% of ALL people who use EFT find it helps - a lot.**

You no longer have to rely on others for the healing you will learn to achieve with EFT. You'll clearly feel the shifts in your energy as we work together and feel the emotional impact of your problems fade as you work through the lessons.

This course includes EFT hands on work, PowerPoint and DVD, in addition to the lessons you take away a manual, self help card and CD.

This workshop is designed for people who want to take control of their lives and their futures. It is for those who are ready to consciously create their tomorrows and get emotionally fit and ready to live an extraordinary life each and every single day!

For further information on these techniques / classes please visit www.accomplishchange.com or call us on 01- 2986507, **Aisling**: 087-1352122 or **Ray**: 087 6778049

EFT makes fears, phobias, worries, sadness, doubts and anxiety Simply Drain Away - and how useful is that?!

Incorporate it easily into your existing therapies! Help you move forward if you get stuck with a client.

SUPERB self help technique easily learned for both you and your clients you can learn easily, with absolutely NO prior knowledge or experience necessary.

Healing with the Angels Workshop

with Veronica Hannon

Sunday 20th April 08, 9:30am-5pm **Cost €110**

Ariel Raphael Gabriel Celestina Faith Cassiel Daniel Sarah and Michael. Meet the Healing Angels of the energy field with Veronica Integrated Energy Therapist Instructor, Psychologist, Reiki 11, Healer A Wonderful Time to Relax, Heal, Expand and meet new friends. Teach adults or children how to use Angel Energy for Loving Guidance. Learn how to use an angelic heart link to connect with angels' energy. Discover the healing gifts that each angel brings you for your highest healing. Invite the angels to help you in your physical, emotional, mental and spiritual journey. Experience the angel's presence, feel, see or hear more as your relationship with the healing angels grows and deepens. Receive a copy of "The Healing Angels Workbook" and a Certificate. Feel excited about your life, feel healthier & happier. Be in heaven here on earth. A deposit of E50 required to secure your place. To Register Tel : 087 4130124 or call Walmer on 01 8329645

Energy Awareness Day,

Saturday 26th April 2008,
9.45 AM - 4.30 PM **Cost €135**

The universe is made up of energy. It surrounds us and flows through us. Developing and using our intuition can help us to sense and feel energy. Having awareness of energy around us can give us insights to our emotional, physical and spiritual aspects, which can help create balance in our lives. This workshop is for anyone wishing to increase their awareness for a more joyful life for themselves, or if you are a practitioner or massage therapist, to create a more meaningful practice. The workshop is experiential.

Exercises to raise your Vibrational energy levels. Learn to feel energy. Food that increases your energy. How colors enhance your energy in different ways and what they mean. Acupressure points for boosting energy. Learn about auras and how to sense them. Experience meditations and processes to increase your awareness. We invite you to join us for this exciting opportunity to experience the universal energy and to understand how it can lessen daily challenges, improve relationships, establish balance, restore energy, retain power and open the doors to your unlimited potential.

Contact Details for further information:

Aisling Killoran & Ray Manning
Mob: 087 1352122
Tel: 01 2986507
Email: info@accomplishchange.com
<http://www.accomplishchange.com>

Aura Soma Introductory Day, "The Mirror of the Soul" with

Maeve Murran, Sunday 11th May 10:30–4:30pm **Cost: €90**

Do you love Colour? Do you believe that you are all that you can truly be? Do you wish to bring the healing power and benefits of colour into every aspect of your life? Do you wish to understand the personal messages that colour can hold for you?

Aura-Soma is a Colour Care System that supports us in becoming all that we can be. The Equilibrium Bottles are at the heart of Aura-Soma and contain the living energies of herbs, essential oils, gems and crystals. Our choice of colour mirrors who we are at a very deep level and can lead to a greater awareness of our own self-healing and development. When applied to the skin, these oils are colour coded and assist in harmonising and balancing the very essence of our being.

The Aura Soma Introductory Days are specially designed for those who love colour and light and who wish to know more about these beautiful jewel like Oils and how they can support one's soul journey. The primary aim of these Days is to provide information on the tools offered within the Aura Soma range and to give a brief insight into this wonderful science of colour and light. It is a wonderful opportunity for self-reflection, meditation, relaxation and personal growth.

Bach Flower Remedy System of Healing

With Carmel Clarke 17th / 18th May 2008 10am – 5:30pm **Cost : €190** INTRODUCTORY - LEVEL 1 2-DAY COURSE "Our work is to steadfastly adhere to the simplicity and purity of the method of healing" From the Original Writings, Dr. Edward Bach. This 2-

day Seminar will introduce you to Dr. Bach's philosophy of self-help and simplicity. It is the foundation to Level 2 and Level 3 of the Professional Bach Flower Remedy Practitioner Training. You will become familiar with all 38 Bach Flower Remedies, learn how and when to use the remedies in daily life, become familiar with Rescue Remedy, Cream and Spray, and gain an insight into the history and philosophy of Dr. Bach. Each participants will receive certification recognised

Transform your Life

with Mildred Ryan – Teacher of the Diana Cooper School
Saturday 24th May 10.45 am – 5 pm
Cost €80

A one-day workshop to boost CONFIDENCE, SELF-ESTEEM and HAPPINESS.

Through gentle guided exercises and looking inward – you will increase your vitality, fun and joy of life, access your gifts, talents and abilities, and replace doubt and fear with Trust, Optimism and Confidence.

You will understand how your beliefs and thoughts create your reality, and as you uncover old thoughts and patterns that are holding you back, you will step into the driving seat of your life.

In a safe and relaxing atmosphere, you will explore who you really are, and nurture and heal your inner child. At the end of the day you will set goals – and plan actions – for your positive future.

For further information visit
www.mildredryan.com,
email : mildred@mildredryan.com.

To book a place call Walmer on 01-8329645

A Day with the Angels

with Mildred Ryan. Angel & Ascension
Teacher of the Diana Cooper School.
Sun 25th May 10:45am–5pm **Cost: €80**

Getting to know the Angels in your Life, and how to call on their help, is the start of a life enhancing Adventure.

During this day you will experience your own connection with the Angels and the amazing ways they can help you.

The Angels will also help you become aware of any old patterns that are holding you back, helping you become clear, so you are free to continue on your life's adventure and manifest your dreams.

We will be working with gentle exercises, meditations, and Angel cards, while we relax in the company of the Angels, as they gently and lovingly guide us to create more Love, Joy and Abundance in our Lives.

For further information visit
www.mildredryan.com,
email : mildred@mildredryan.com.

To book a place call Walmer on 01-8329645

Expand your Strokes

with Laura Hilliard-Brady & Mary Rice June 01st 08
Cost: €75
A fantastic day of learning for past students and qualified therapists. Learn how to expand your strokes to include deep tissue technique and regain confidence in your posture. Mary will also go through the 'hands of light' healing routine. A great day if you are looking to brush up on your massage, would like to re enter the Holistic field after time away or time out for you as you will receive a 2hour massage.

Natural Facial

June 01st 08 Cost: €165 (includes product kit)
This new one-day course is approved by the CThA/Embody and the CMA. It has been designed specially for massage therapists who wish to extend their skills and learn a facial treatment using natural products. A Natural Facial consists of a cleanse, tone, warm compress, mask, and a massage of the face and neck. It can be used as a treatment in its own right or as an add-on to another treatment. A Natural Facial will leave your clients with a vibrant, radiant appearance and have them coming back for more! For an application form & further details contact: Mary Dalglish on 0044 20 88749047 (www.head2toemassage.co.uk)

Ear Candling

June 02nd 08 10am – 6pm Cost: €150
This one day course offers therapists the opportunity to add a gentle, non-invasive therapy to their range of treatments. After the course, you will be able to offer your clients an ear candling treatment combined with a specialised massage of the face, ears, neck and scalp. This Course is recognised by the CThA/Embody and the CMA. For an application form & further details contact: Mary Dalglish on 0044 20 88749047 (www.head2toemassage.co.uk)

Introduction to Massage

With Laura Hilliard-Brady 14th June 08 10.30am-4.30pm **Cost €65**
This is a 1 day workshop where you will learn massage strokes for use on family and friends to include: Back massage, Neck & Shoulders & foot massage. You will learn the strokes and practice during the weekend as well as receive a massage. This course is suitable for those who have an interest in the therapies or considering a diploma course. A pampering day without a doubt. (Please bring 2 large bath towels with you) €40 Deposit required to secure your place

PROFESSIONAL GEL NAIL CERTIFICATE COURSE with

Advanced Institute of Nail Technology 4 Day Nail Course. Beginning Monday 16th June and continues every Monday for 4 weeks. 10am – 4pm **COST €600**

This 20 hour course held over 4 days is designed for participants to develop professional skills in the art of Nail Extensions. It is geared towards the novice, no experience is necessary. A model is required so bring a friend. Students earn €50 per full set of gel nail extensions. Working only 25 hours per week can lead to weekly earnings of up to an astonishing €2250. Cost €400 This fee covers a full professional kit, 36 watt UV curing lamp, course manuals, examination and certification. This course is facilitated by the Advanced Institute of Nail Technology, who awards a certification on completion. Full details can be found on our website in the Beauty Section at www.walmer.ie/collegeofhealing

Living Energy with Eddy Grant

Sat.21st & Sun. 22nd June. 10am -5pm €250

Life is for living! Energy allows us to live! Energy can be shaped and focused into whatever we want to be, do, or have, in our lives. Join me in an exploration of our living energy and learn how to focus, shape, and exercise your energy, to empower and expand yourself into the life you dream of living. Then use your new understanding to allow health, wealth and happiness into all areas of your life.

Indigo Children,

-Our Hope and Our Future- with Siobhan Wilcox Friday June 27th 7-9 & Saturday June 28th 10-5

Investment : Full Workshop €113, Friday only €30

Indigo's are named after the aura colour which predominately surrounds them. This workshop is designed to give you an understanding of the characteristics of "Indigos". You will also gain tools and techniques to help parent or educate them. If your child is: wise beyond their years, seems easily distracted, headstrong or opinionated, having difficulty in school with rote learning, sensitive to noise, chemicals, or have food intolerances, you more than likely have an Indigo on your hands. 80% of children under 7 are now Indigo.

Early booking is advised. If you are unsure if you are an Indigo adult & want to attend workshop please email:siobhan@siobhanwilcox.com (See message from Siobhan on Page 6 of April Newsletter)

The Point of Essence

Process Spiritual Healing for Adult Indigos, with Siobhan Wilcox Sunday June 29th 10am – 2pm , **Cost €76**

Indigos come to the Earth retaining eternal knowledge remembering the secrets from the Other Side; holding the God-vision of a perfect world. Were You one of the first Indigos? Have you felt the Pain of the dissonance between Your Knowing and the Everyday Reality of the World?

Pro-Claiming the Truth of Who You Are Unblocks your Lifetime's constraints, restraints and soul-suppressions; Reconnects the 'You-ness of You' with the Divine; Affirms the full truth of Your Self and the full Expression of Your Being; Allows you to reclaim your soul-purpose and your soul mission on Earth; Helps to renew your vision of a perfect world. If you are unsure if you are an Indigo adult & want to schedule a session, please email:siobhan@siobhanwilcox.com (See message from Siobhan on Page 6 of April Newsletter)

MINK Professional Eyelash Extension Certificate

Course Saturday 05th July 08

10am – 5pm **COST €350**

This 1 day course is designed to allow participants develop professional skills in the art of Permanent Eyelash

Extension Application. Mink eyelash extensions are super volume up and 0.2mm thicker, which makes our lashes a revolutionary method of creating that super star look. Eyelash extensions are the hottest beauty trend to sweep the world today. The stars do not leave home without them..... Eyelash extensions look naturally glamorous without the need for mascara ever again. They are affordable, durable and they last up to 6-8 weeks or more. A model is required so bring a friend. It costs you approximately €7.50 to complete a full set of lashes, the profit to be made on your kit is €3,700. Students earn €100 per full set of eyelash extensions as mobile therapists. Working only 25 hour per month can lead to monthly earnings of up to an astonishing €2500 . Cost €300 This fee covers tuition, a professional kit, course manuals, examination and certification. Full details can be found on our website in the Beauty Section at www.walmer.ie/collegeofhealing

Facial Rejuvenation 4-day Diploma Course

October 24th–27th inclusive 10am – 6pm
Cost: €600

Also called Natural Face Lift Massage, this treatment which is based on ancient Indian techniques is truly 'holistic'. It is performed without oils or creams and is a combination of massage, energy balancing and facial exercises. The aim of the course is to provide a comprehensive grounding in the theory and practice of Natural Face Lift Massage. In order to qualify, students will need to do case studies and home study before taking a written and practical examination (date to be confirmed). Once qualified, students will obtain a Diploma from the London Centre of Indian Champissage International, which is affiliated with the CMA and recognised by the major insurance companies. For an application form & further details contact: Mary Dalglish on 0044 20 88749047

(www.head2toemassage.co.uk)

EVENING CLASSES

Healing Angels Class With Deborah Gorman, IET Master. Starting Next

Date TBC (Tuesday Evenings) 7pm – 9pm for 5 weeks **Cost : €100 inclusive of manual** Learn how to call on the Angels whenever you need healing and support. If you support others in their self healing through energy therapies like Integrated Energy Therapy, Reiki, Therapeutic Touch Massage or others, the healing angels can add a special spiritual dimension to your sessions. This course will enable you to join with other students, learning how to use the angelic heart link to connect with the angels' energy. You will discover the special healing gifts that each angel brings and you will invite each of the healing angels to support you in your physical, emotional, mental and spiritual healing journey.

Weight Loss Clinic for Men

and Women. Take the 8 week Challenge. Lose up to a stone in 8 weeks **22nd April** 7pm – 8pm. **COST: €120 for 8 week** course in Weight-Loss & Toning—1 hour per week. Look & feel better than ever! Weekly Nutrition & Exercise plans tailored for you to follow. Neuro-Linguistic Programming techniques. Motivation & Goal Setting. No fads or gimmicks — be taken through the 8 week course, step by step with qualified professional.
PHONE 087 850 9246
FOR FURTHER INFORMATION

Pilates With Tara Marlborough, Chartered Physiotherapist

8 Week course 03rd April 08 **Cost : €155**
6pm—7pm Beginners
7pm—8pm Continuous

Learn the key concepts and principles of Pilates and how to incorporate them into your everyday life. Improve key muscles, postural alignment & Strengthen deeper abdominal muscles.

Yoga Evening Class Hatha & Raga with Tara Ivory – Russell Starts

Tues 22nd April (7pm-8.15pm Beginners) (8.30pm-9.45pm continuous) 10 weeks Cost €150 This 10 week course covers all aspects of the ancient art of Yoga, including Yoga Postures, Yoga Breathing, Yoga Nutrition and relaxation and meditation techniques. Learn easy and gentle yoga exercises to tone and strengthen your body, increasing your flexibility and helping you to achieve a calm and peaceful state of mind. Relaxation techniques teach you how to release stress and tension and rebalance your energy, leading to a more relaxed, happier you! **(Deposit required to secure a place)** Payment by Cash and Cheque only (payable to Tara Ivory) fees for the course must be paid in full at least one week before class starts

Tai Chi with Eddy Grant

Monday 07th April 8pm—9:15pm (8weeks) Cost: €115

The gentle, graceful movements of Tai Chi help us release tension and stress and renew our vitality and health, bringing peace and well-being into our lives. Lunch-time Class also available (see 'Morning Classes')

Meditation & Inner Peace

With Eddy Grant Monday 07th April 7pm–8pm (8wks) €100 Relax and create a sense of peace and wellbeing in your life. Use the breath to reunite mind, body and spirit, and explore various methods of sitting and moving meditation.

Pregnancy Yoga with Tara Russell

Dip. Yoga IHCA . 22nd April 08 6pm—7pm 6 weeks €90

Deposit required to secure a place, all fees must be paid in full one week before class begins.

Pregnancy is a most extraordinary time in a woman's life. Yoga provides a calm sanctuary where she can experience a peaceful loving union with her baby. Yoga's primary gifts of increasing flexibility and decreasing tension are perfectly compatible with the needs of a pregnant woman. In the class you will find postures which open and relax the pelvic area, strengthen muscle tone and release back tension together with deep breathing and meditative focus to enhance your experience of the life growing within you.

MORNING CLASSES

Tai Chi

With Eddy Grant Next Date TBC 11am - 12:15pm (8weeks) Cost: €115

Relax, and let go of stress and tension from your mind and body, through the graceful movements of tai chi. Create a sense of peace and wellbeing in your life.

Meditation & Inner Peace

With Eddy Grant Next Date TBC 1pm - 2pm (8wks) €100

Relax and create a sense of peace and wellbeing in your life. Use the breath to reunite mind, body and spirit, and explore various methods of sitting and moving meditation.