

Walmer News

August 2007

OPEN EVENING

27th August 2007

6pm—9pm



*Healing
Mind Body
& Spirit*

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

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The Healing effects of Walmer College will revive your energy and outlook. We view our courses as investments that yield huge dividends in the area of Personal & Spiritual growth. You will be supported as you embark on an amazing journey with us and begin to open up to the miracles of health & healing.



The Angels are wonderful beings of Light and Love who are ready and willing to help us at all times, and in all areas of our lives.

The Angels whisper words of comfort and guidance to us every day - you only need to create some quiet time so you can hear what they are saying. What if you could hear them now - these are some of the loving and kind words you might hear -

'Your Angel totally loves you for who you are'.

'There is nothing that you could do that would stop your Angel from loving you.'

'Your Angel will always hear your prayer or cry for help'.

'Your Angel will hold you in a cocoon of Angel light while you sleep.'

'Call on your Angel at any time, day or night, and your request will be granted'.

'You are cherished and loved by your Angel'.

'You can never ask for too much in the eyes of the Angels'.

'Hand your worries and troubles to your Angel to deal with'.

'Your Angel will dry your tears and hold you in a loving embrace until you are ready to stand on your own'.

'Your Angel holds you in the Light so you can see the Light within yourself'.

Invite the Angels into your life to guide and comfort you, and to light up your life. They will set up the amazing and delightful synchronicities that are part of life's magic.

(Mildred runs one day Angel Workshops in Walmer and facilitates the Diana Cooper Teacher Training Course.

The next Angel Day is on Sunday 16th September

How do the Bach Original Flower Remedies Work

by Carmel Clarke

Dr. Edward Bach discovered a system of healing called the Bach *Original* Flower Remedies. When working with his medical practice he became aware that mental health and emotional states has a part to play to keep the body healthy. He gave up his medical practice and went in search through the countryside of England and Wales to find the support he was looking for from the herbs, plants and trees of the countryside. He found 38 remedies, 37 are from herbs, plants and trees and one remedy is from a fresh water spring.

The flower remedies of Dr. Bach work to "adjust" the system back to a state of balance. The Bach *Original* Flower Remedies have no direct pharmaceutical effects; they don't do anything to you. There are no side effects and can be taken with the all medications. The remedies work on the body's vibrational energetic condition as it is in the moment.

Ancient oriental medicine uses the term "Chi" or "Ki" to denote energy. This "Chi" or "Ki" is the body's powerhouse of vital force. When we are emotionally out of balance this "Chi" or "Ki" is not flowing well and the body can show signs of ill health.

A doctor in Japan named Dr. Masuru Emoto recently presented evidence that the energy of water can be changed by outside influences. He discovered when using high speed photography that crystals formed in frozen water, which reveal changes when specific concentrated thoughts or words were directed at them. Dr. Emoto wrapped a piece of paper with words typed on it around a bottle of water and found that the type of ice crystals which formed depended upon the type of words that was wrapped around the bottle. When loving words were used beautiful crystals formed, while hateful words did not allow any crystals to form.

Dr. Bach felt that everything in nature is simple and he found this beautiful simple system of healing for emotional upsets. The Bach *Original* Flower Remedies will help change negative emotional feelings to more positive and balanced emotional feelings. When we think more positively we can concentrate better, feel better, sleep better and deal with life's challenges more effectively.

If you want to know more about the Bach *Original* Flower Remedies and are interested in becoming a practitioner you will find information about training at the back of this newsletter. For private consultations contact Carmel at 01 8672076.

ENERGY PSYCHOLOGY

techniques which have been taking the world by storm.....come to the Walmer Clinic

No known side effects!! And it's Safe

There are two new leading edge meridian based therapies now available in Ireland, namely EFT which is short for Emotional Freedom Techniques™ and TAT Tapas Acupressure Technique™ and are available to you at the Walmer Clinic.

These are self help protocols thought professionally and facilitated by experienced practitioners.

EFT & TAT are two incredibly simple, elegant and powerful **self-help** tools that you may ever come across to change your energy.

They are both based on leveraging the wisdom and healing using energy meridians which have been around for thousands of years. EFT & TAT along with other healing modalities delve into the realms of energy psychology and energy medicine.

Unresolved negative emotions are often the cause behind many mental and physical issues.

With EFT, you simply tap with your fingertips on certain points on your face and body, while you concentrate on whatever bothers you, EFT helps clear the energy blocks of negative, uncomfortable emotions. Using EFT, typically a problem or condition is gone or greatly diminished in just a matter of minutes. In fact, people are usually amazed. They're surprised to find that EFT often works when nothing else seems to help.

With TAT, again you simply use your fingers to apply gentle pressure to a set of points on the head where many acupuncture meridians merge and enter the brain. Contact on these points opens up a flow of energy that allows the brain to rapidly process and release "stuck" information, thought patterns and beliefs.

It does not matter how long you have had these problems the techniques work.

Who Uses these techniques?

Many individuals use it to release their own negative emotions, as well as past and current traumas, and to free themselves of haunting memories and negative beliefs and conditioning.

These techniques often achieve observable and measurable results rapidly and are designed to deal with releasing emotional discomfort in a less traumatic way.

To read and learn more on these techniques.

www.accomplishchange.com

EFT www.emofree.com

TAT www.tatlif.com

If you would like to attend either of the following works shops then please feel free to contact us on 01- 2986507

See workshop section for more details.

The Beauty and Magic of Colour & Crystals

Michelle Burke Delaney

We can use crystals to bring more than just decoration to our lives. Indeed they are beautiful but in today's world we seem to have rediscovered their special magic. We love wearing stones in jewellery and placing crystals around the home is a normal occurrence.

So how do we understand their purpose and how they can assist us in our daily living?

As science tells us, we are all vibrational beings. Everything in this universe is vibrating. Crystals are composed of minerals and are part of the Earth. Their colour is determined by their molecular structure and the energy given off as these molecules vibrate. The vibration can be attuned to the energy of our Subtle bodies and used to balance disruption in these bodies before they manifest as illness in the Physical Body.

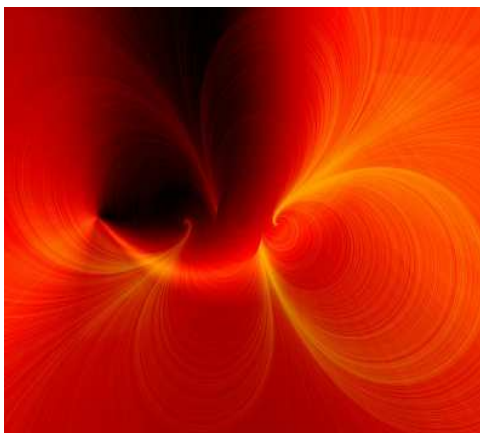
Crystals have the ability to gather and direct energy that exists all around us, whether it be psychic energy, healing energy or divine communications.

Simply by meditating with your crystal for a few minutes can help your body attune to its healing vibrations. Sit comfortably with your crystal cupped in your hand and imagine energy flowing through the crystal into your body. See Balance being re-stored to your energy field and feel the



The colours and effects of Crystals will resonate with the different chakras in the body. This month we will look at the 'Beauty of RED Crystals' which stimulate the Base Chakra. The Base Chakra grounds you in physical reality and when stimulated, it can strengthen the body.

The colour red is associated with fire, energy, will power, courage, success and has strong links with sexual love and passion. Ruby, Red Jade, Red Jasper and Garnet can be used to strengthen your self-esteem, release anger, gain confidence, develop cour-



teem, release anger, gain confidence, develop cour-

Red Stones when placed near the lower spine will work directly to activate the Base Chakra. Feel your body suffuse with fiery red energy.



Red is the colour of energy, vitality and passion. It has the longest wavelength and that's why it is the hottest colour of the spectrum. Experiments have shown that we feel hotter in red rooms.

Red is a great reviver especially if somebody has been zapping your energy. Red people are doers and don't fully understand the concept of totally relaxing. If something needs to be done, it needs to be done now

Foods from the Red end of the spectrum (which include orange and yellow foods) contain carotenoids. These are nature's source of Vitamin A, a vitamin that we need to healthy eyes and sight. Many red food show their energy through their skin colour are are useful for stimulating the metabolism, thus helping the digestive system and giving us more get up and go energy.

RED FOODS incl. Red fruits, red meat, spicy foods and vegetables that contain iron (a red metal) such as spinach.



In times when you are consumed with anger, the lesson is to learn to release this energy safely and appropriately. Red is a strong color. High Blood pressure, fevers, rashes and all red symptoms. Balance these red issues with its complementary colour green. Green will bring out the best and keep the emotions and feelings balance. Take a walk in nature to release any pent up Red Energy.

Tune in next month when we discover the Beauty and **Magic of Colour ORANGE and crystals.**

Michelle is running a 6 week course in September entitled 'Raise your Vibration with Colour & Crystals' For more information, please turn to our Evening class section.

Spleen Qi or Energy Deficiency

By Beverly Mc Govern - Nutritional Advisor, Acupuncturist, Dip. Chinese Herbs, ITEC., IFR., Dip.Ac., Lic.Ac.,

What is It?

This is a syndrome from a Traditional Chinese Medicine point of view. In Chinese Medicine all of the organs of the body have different functions than that of a Western Medicine perspective. In Western Medicine the Spleen is seen as one of the least important organs in the body and it is in fact often removed surgically for example after car accidents, if the accident causes a damage to the Spleen.

What are they Symptoms?

In Chinese Medicine the Spleen is considered to be one of the most important organs in the body. If its energy is weak it can give rise to a number of issues. These are best looked at, by examining the functions of the Spleen from a Chinese Medicine perspective:

- The Spleen is the main digestive organ in the body. It takes energy out of the food and gives it to the rest of the body, so that the body can function at an optimum level. If it is not doing this properly or efficiently, then often a person will be very tired or sleepy after eating. It may happen as a result of eating foods that you may have sensitivity to, or by eating foods that don't help the Spleen.
- The Spleen has a holding function and it holds blood in the vessels, again if it is not doing this properly then a person may notice that they bruise easily or may have varicose veins.
- The Spleen also holds fluid in the vessels. If it does not do this efficiently, a person could be prone to fluid retention and may notice rings getting tight or ankles puffing, etc.,
- The Spleen gets energy into the muscles and if this is not happening then a person may notice a heavy feeling in the arms and legs when doing simple tasks such as going up stairs, hovering, etc.,
- The Spleen has a lot to do with concentration and short-term memory. If this is an issue then a person may notice simple things like "What did I go upstairs to get again?" or inability to do homework, study or reading a book and not remembering what they just read.
- The Spleen has a lot to do with metabo-

lism and an imbalance in the Spleen can influence both weight gain and weight loss.

The Chinese say that the Spleen can be invaded by dampness. By this they mean the Spleen can produce too much mucus and can give rise to problems such as; sinusitis, phlegm in the throat, phlegm on the chest, and much more.

What can affect the Spleen?

The ability of the Spleen to function to an optimum level is affected by several things. Firstly, diet, if you are eating foods that you are sensitive to or that the Spleen doesn't like then this will affect the Spleen. Secondly, good nutrition is essential for the Spleen to function well, it is essential that a good balanced diet is maintained and any vitamin or mineral deficiencies are identified. Thirdly, the weather can affect the Spleen. The Chinese say the Spleen doesn't like dampness and what have we got in Ireland but the dampest climate that you can get (even worse than usual this summer!). Often a holiday in a warm dry climate like Spain or Portugal will help warm the Spleen. Fourthly some people are just prone to a weak Spleen. People that work shift work, people that physically train a lot or people that work academic jobs involving a lot of thinking and concentration.

How Can I Help It?

I would recommend a Vega Test to start with to identify if there are any food allergies or sensitivities or even vitamin and mineral deficiencies. The Vega Test will also identify if in fact it is the Spleen that is at fault or some other area. It is part of the consultation to go through your diet and identify any foods that you may be eating that may adversely affect the Spleen. If it is deemed necessary Chinese Herbs will be recommended to boost the Spleen energy and to aid the Spleen in its functions.

To book a Vega Test with Beverly, please call Walmer Clinic on 8329645 / 8329648

Space Cleansing for Balance and Harmony

Geraldine Nolan has been practicing House, Office, Land and Building Cleansing for the past 10 years.

She has worked in Ireland, France, Spain, England, Scotland, Iceland and the U.S.A.

For more information,

contact Geraldine at 086 818 7249.

Walmer Clinic offers a full range of Complementary Therapies to suit all. Pick up a Clinic Leaflet today or visit www.walmer.ie

Walmer College

Now Enrolling for I.T.E.C Courses starting Sept and Oct 07

One Year Course in Holistic Studies

Holistic Massage / Anatomy & Physiology

Aromatherapy

Diet & Nutrition

Sports Massage

Indian Head Massage

Beauty Specialist

Reflexology

Workshops, Evening, Morning classes

SUZIES STARS

August finally sees you letting go of stress and relaxing more. This is great as wonderful ideas now manifest and give you the inspiration that recently has been lacking. As you start to feel good about yourself you become more beautiful, creative and caring. August sees you stand your ground, and start to speak your truth, which helps you gain respect from your colleagues and friends. You are empowered this month – so make the most of it!!!



Leo – Jul 24 – Aug 23 Happy Birthday to August Leo's. August is all about deciding what it is you truly want and then going out and getting it. You must trust your instincts and inner feelings. You feel a sense of balance this month and of things finally falling into place. That certain item or situation that you have been waiting for finally comes to pass – its time to celebrate!!!

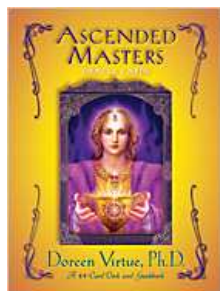
Virgo – Aug 24 – Sept 23 Happy Birthday to all August Virgos. August is a busy month but don't worry Virgos, as you are very much in control. Don't let others influence you or talk you into something that doesn't feel right. Even though it is all go, go go!!, Virgos will still find some space for themselves thereby gaining peace of mind and serenity.

Libra – Sept 24 – Oct 23 If you are feeling stuck or indecisive, you must trust your own true feelings. Don't be too hard on yourself or another around you. Its time to forgive even if you can't forget. An older man has some good advice for you this month. Its time to listen! Spend some time by the sea, river or lake this month as the energy of water will help keep you smiling!

Scorpio – Oct 24 – Nov 22 August sees Scorpios enjoying music, whether it is listening, playing or dancing, music empowers you! Emotionally you are much more balanced and relaxed this month. August sees you taking some time before making an important decision; the saying sleep on it really applies this month – sweet dreams!

Sagittarius Nov 23 – Dec 21 You are in a good place this month to help and heal others. August sees your creative juices flowing! You are very busy and working hard. Don't worry you are doing a great job and somebody is noticing although not saying well done just yet!! You are being divinely guided now so just trust that all is meant to be and go with the flow!!

NOW IN STOCK—ASCENDED MASTERS ORACLE CARDS by Doreen Virtue. A beautiful deck of cards based on her best selling book Archangels & Ascended Masters. The Deck includes gorgeous paintings of 44 male and female cross-cultural deities, such as Ganesh, Merlin, Saint Germain, Apollo, Jesus, Moses, and Kuthumi.



As with all of Doreen's oracle card decks, the messages for the cards are positive, accurate and life-affirming.

Capricorn Dec 22 – Jan 20 August is all about taking one step at a time, this is the secret to your success. No matter how big the dream or job in hand just break it down into little steps. Please don't be hard on yourself, you are doing an excellent job. August sees you mixing and socializing more and becoming more content in general. So just relax and take that first little step!!

Aquarius – Jan 21 – Feb 19 August is a good strong month for Aquarians. You have the inner strength and passion to move mountains now. Remember not to bottle up your feelings. August sees you spending time with friends, chatting and sharing ideas. Remember your guardian angel is always there for you so go ahead just ask!!!

Pisces – Feb 20 – Mar 20 Timing is everything for Pisceans this month. There is no point trying to force something to happen. You may find that you know what you want/see/feel or think but you find it difficult to achieve. You need to imagine and visualize it very clearly, then take a step back and allow it to come to you!!!

Aries – Mar 21 – Apr 20 August sees a new start for Aries – a small opportunity comes along to do something or try something new that you would really love to do or enjoy. This month sees you reclaiming your own power and making things happen. Teamwork is important. Don't be afraid to ask others or to involve others in your little venture.

Taurus – Apr 21 – May 21 August sees steady Taurus planning and researching for the future. This is a time of great spiritual growth. You have a special bond with a grandparent so pay a visit, light a candle or say a prayer. Even by thinking of them will help you with your future plans and to break free of your current restrictions.

Gemini – May 22 – June 22 August sees Gemini's at a crossroad and not sure which choice or decision to make. Take yourself away to a quiet place to meditate on the answer. Your creative side appears now, so draw, paint, think or act in creative ways and before you even realize, your decision will be made. August brings along opportunities to make new friends.

Cancer – June 23 – Jul 23 If you are feeling a little stuck, indecisive or fed up of hanging around waiting for something to happen? Now is the time to stop waiting and start a project that you are curious about. Your angels are very much around you now, so ask them to help you out. August can be as busy and as interesting as you want it to be!! So you have no excuse - go on just take the plunge !!!

Suzie does readings in the Walmer center using a variety of different cards, appointments can be made by phoning 8329645.



Walmer Clinic offers a full range of Complementary Therapies to suit everyone. Pick up a Clinic Leaflet today or visit www.walmer.ie



I.T.E.C College of Complementary Therapies

Internationally Recognised Diploma Courses

**OPEN EVENING : Monday
27th August 6pm—9pm**

**SEPT AND OCT
I.T.E.C Courses
ENROLLING NOW !!!**

- Sept 07: One Year Course Holistic Studies,
Holistic Massage / Anatomy & Physiology (Mullingar & Dublin)
Reflexology,
Indian Head Massage
- Oct 07: Aromatherapy, Diet & Nutrition, Sports Massage

Full Time I.T.E.C Holistic Massage Course.

For reflexology graduates or those with I.T.E.C Anatomy & Physiology and Unit 22 qualifications **Next Date TBC**

Comprehensive 2 week course 10am – 5pm each day

I.T.E.C College of Beauty Therapy



Internationally Recognised Diploma Courses

**WAXING CERTIFICATE
ONLY and FACIAL
Certificate only ALSO
AVAILABLE**

- Sept 07:- I.T.E.C Beauty Specialist,
Facial Only Certificate, Waxing Only Certificate (Date TBC)

Other Diploma Courses, Workshops, Morning & Evening classes

OTHER DIPLOMA COURSES

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher
Thurs / Friday Oct 18th & 19th 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 Oct 26th and Nov 02nd, 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, Friday 7pm-9:30pm)**

Reiki 3—The Master Level

With Catriona Doyle Reiki Master /Teacher
September 06th & 07th 10:30am- 6pm €450 At this Reiki 3 workshop you will Receive 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 17th & 24th Sept.

Reiki Student Support & Exchange Evening

Monday 08th October 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 €350, Next Date TBC Advanced Level €200.00, 16th June**

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

Course Tutor: Mildred Ryan

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 stand in your own Light** and spread the Light of Angels and Ascension in your own creative way through leading your own groups and workshops, or spreading the Light within your family, friends, workplace or community. We will be covering all the topics listed within the course description, but this course is much more – it is a **journey of empowerment** - a step into your full potential, **becoming all you can be.**

NEXT COURSE 19th OCTOBER 2007

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

Touch for Health Kinesiology—October 07

Foundation Course 4 Module—1 weekend over month for 4 months. Learn to muscle test and balance using reflex points, nutrition, meridians, goal balances, release stress, pain relief and more. International Certification.
Contact Jackie Lysaght 086 823 7714
www.harmonyholistics.com

WORKSHOPS

Aura Soma Introductory Day, "The Mirror of the Soul" with Maeve Murran, Sunday 19th August 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.

Ear Candling September 2nd 10am - 6pm Cost: €150 **BOOKED OUT**

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 Dagleish on 0044 20 88749047 (www.head2toemassage.co.uk)

Food is the best medicine.

with Catherine MacBride, Sunday 02nd Sept. **Cost €85**
You have all heard the saying *an apple a day keeps the doctor away* and you've probably heard the one about ginger preventing nausea, but did you know that cantaloupe melon contains the same sub-

WORKSHOPS

stance currently being used in patients with heart disease to keep the blood thin and relieve angina attacks or that broccoli demonstrates remarkable anti-cancer properties?

This is a brand new workshop that will provide tons of information about the foods that along with apples help to keep the Doctor away (or at least keep your visits to them down to routine health checks!)

www.catherinemacbride.com

Reading the Face and Body (Diagnostic Tools for Health)

with Catherine MacBride & Christine Brady Sun 9th Sept 11am–5pm **Cost €85**

Have you ever seen any of these and wondered what they meant?

These are just some of the interesting signs you may see when your body is out of balance. In this workshop we will be exploring ways to look at the face and body, using Eastern & Western diagnostic tools. If we know the early signs of imbalance, we can take steps to prevent further problems occurring & prevent a state of 'dis-ease' in our body and our lives. Topics covered include: Facial Analysis, Nail Analysis, Tongue Analysis, Body Mass Index(BMI), pH readings, Visible Nutritional Deficiencies and much more! Ideal for Practicing Therapists. Deposit €30

Introduction to Massage

With Laura Hilliard-Brady Sunday 09th September 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

Sports Injury Workshop.

With Larry Byrne Saturday 15th September 10am–5:30pm **Cost €100**

This is a one day workshop for those with little knowledge on Field Treatment of Sports Injuries. Using Power point display,

discussions and practical elements, you will explore a variety of sports injuries and situations encountered before and during sporting events. Some of the Topics include:- The Medical Bag, The P.R.I.C.E regime, Lower Limb injuries, Upper limb injuries, Fractures, Injury prevention, Taping/Strapping and much more.

Heal Your Life Workshop

With Anita Stapleton – Mirolo, Authorised Louise Hay Teacher & Life Coach Sunday 16th September 10am – 5pm **Cost : €95** A Life Changing workshop based on the philosophy of Louise Hay. Experience this powerful one day workshop which has been attended by thousands of people worldwide. Understand your family dynamics and barriers to LOVE. Learn to bring affirmations into your body and not just your IN YOUR MIND. Learn to love yourself and others more FULLY and DEEPLY. Work with Body, mind, emotions and spirit to TRANSFORM YOUR LIFE. Release negative emotions blocking you from living Joyfully and Creatively. Suggested reading before the workshop: You can Heal your Life, Louise Hay. Creative Visualisation; Shakti Gawain www.asm-healing.com

Angel Recipe for love, Joy and Abundance

With Mildred Ryan, Angel and Ascension Teacher of the Diana Cooper School, Sunday 16th Sept, 10.45 a.m. – 5.00 p.m. **Cost: €75** The Angels are wonderful beings of Light, Love and Joy who are ready and willing to help us in every area of our lives. Today we will work with gentle exercises and meditations, relaxing in the company of the Angels, as they guide us gently through any challenges, and help us create more Love, Joy and Abundance in our lives

Expand your Strokes

With Laura Hilliard Brady and Mary Rice Sunday 30th September 07 10:30am – 5pm **Cost : €75**

A one-day workshop for post-graduates who wish to develop their massage strokes. The day will include: Back massage – To update and enhance your own skills. A huge range of new strokes for the back. This will also give you more confidence to allow your own gift of massage come through. Relaxation – An opportunity for you to relax on the day with some gentle meditation, relaxation & grounding exercises. Mary will also demonstrate healing technique for those who are unable to receive massage.

Emotional Freedom

Technique

Level 1–1 Day workshop
Cost €135 Registration Saturday 22nd Sept 9.30am Course 10.00am sharp – 4.30pm EFT (Emotional Freedom Technique) is a simple, easy to learn, powerful, self-help, healing technique that gives you the power to instantly transform your health, your well-being and your life!

It quickly empowers you with the means to help your family, your friends, your Clients and yourself, to: Heal trauma, and Post Traumatic Stress, Overcome loss and problematic relationships, Release fears and anxieties, Remove phobias, Relieve and remove physical pain, Relieve and remove emotional pain, Reduce genetic and inherited weaknesses, Relieve allergic reactions & dissolve deeply held negative beliefs.

This powerful Energy Psychology healing technique is based on a form of "psychological acupuncture" - except that we don't use needles. By tapping on a set of points around the body, these points open up a flow of energy that allows the brain to rapidly process and release "stuck" information, thought patterns and beliefs. This tapping balances energy meridians that become disrupted when we think about or experience an emotionally disturbing circumstance. Once balanced, the upset is usually resolved - the memory stays but the emotional charge is gone. Typically the result is lasting and is also accompanied by positive changes in thinking.

www.accomplishchange.com

Bach Flower Remedy System of Healing

With Carmel Clarke 6th & 7th October 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 participant will receive certification recognised by the Bach Centre.

WORKSHOPS

Golden Atlantis Weekend

With Mildred Ryan, Angel, Ascension and Golden Atlantis Teacher of the Diana Cooper School (6/7 October) 11.00 am – 5.30 pm Saturday, 10.00 am – 4.45 pm Sunday
Cost: €170

Over this weekend you will:

Learn about Golden Atlantis, a time when the spiritual frequency was the highest it has ever been on the planet. Understand the new higher energies of 2012 and the opportunities and benefits which are available to us NOW. Prepare for this transition, creating Heaven on Earth, as you explore the keys and tools for raising your frequency and building your light body so as to move into the higher frequency of the 5th dimension. Learn to activate the transpersonal chakras – Earth Star, Causal, Soul Star and

Stellar Gateway. Reactivate dormant strands of DNA, reclaiming your psychic and spiritual gifts. Take a magical journey as you connect with Unicorns and Dolphins. Connect with the healing gifts of the Angels of Atlantis, exploring healing with Crystals, Colour and Sound. Reclaim sacred wisdom, power and knowledge from the time of Golden Atlantis. Help bring balance and harmony to our beautiful planet Earth. This course is for those who already have a solid spiritual foundation.

A more advanced course will be starting in the Autumn and is suitable for anyone who would like to help raise the consciousness of the planet through developing their own workshops and bring wisdom, power and enlightenment into their own life and the lives of others

Further information from Mildred, email mildred@mildredryan.com or visit website www.mildredryan.com

Onsite Seated Massage

With Mary Tobin & Michelle Burke Sun 07th October 10:30am – 5pm **Cost: €90**
One Day workshop for Qualified Therapists. Learn how to massage clients through clothing without the use of oils and create the opportunity to take your massage out of the Treatment Room and to the Client. Add this Therapy to your existing portfolio as well as create a Holistic Atmosphere in a non Holistic Environment. The Massage is carried out with the client seated and lean-

ing forward into face cradles (desk toppers) which can be attached to plinths or tables and can be adjusted for each client. You can create many opportunities for your business by adding this treatment to your existing portfolio and taking your massage out of the therapy room and into the Office / Workplace, Exhibitions and Seminars, Corporate Events, Shopping Centres, Hospitals and Nursing Homes. Students will be shown and will practice massage strokes on back, neck, shoulders, face and scalp and using deep tissue, acupressure points, stretching and vibrational movements. The movements can be modified to allow a flexible length of treatment.

Tapas Acupressure Technique (TAT)

With Aisling Killoran and Ray Manning, Saturday 13th October 07
Cost: €135. Registration 9.30am- Start 10.00am sharp! -4.30pm

Come join us for a day of self healing! TAT quickly empowers you with the means to help your family, your friends, your Clients and yourself, to: heal trauma, and Post Traumatic Stress, overcome loss and problematic relationships, release fears and anxieties, remove phobias, relieve and remove physical pain, relieve and remove emotional pain, reduce genetic and inherited weaknesses, relieve allergic reactions and dissolve deeply-held negative beliefs. TAT (Tapas Acupressure Technique) is a simple, easy to learn, powerful, self-help, healing technique that gives you the power to instantly transform your health, your well-being and your life!

It based on Traditional Chinese Medicine and uses a set of points on the head where many acupuncture meridians merge and enter the brain. Contact on these points opens up a flow of energy that allows the brain to rapidly process and release “stuck” information, thought patterns and beliefs. You will leave this one day TAT Workshop with the experience and understanding which will empower you to easily end traumatic stress, negative beliefs, allergic reactions and the emotional roots of physical illness.

info@accomplishchange.com visit www.accomplishchange.com

Natural Facial October 20th 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 Dalgleish on 0044 20 88749047 (www.head2toemassage.co.uk)

Ear Candling October 25th 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 Dalgleish on 0044 20 88749047 (www.head2toemassage.co.uk)

Lifeskills Consultancy Training Programme With Paula Hynes & Jacqueline Rynn : Fri 26th – Mon 29th October 07

A four day continuing professional development course created for Complementary Therapists, Professional Therapists and Health Professionals accredited by IACT, FHTI, FHT UK, IGPP and CthA). The Lifeskills Consultancy training programme provides personal development training for the therapist as well as teaching invaluable tools and techniques which will add to the existing services, skills and knowledge of those working in the field of natural therapies combining the power of the mind, the body and the soul by furthering the therapists' knowledge of : How to use natural lifeskills to help improve health and overall well being. How to naturally reduce and manage stress using the tools and techniques from 'The Lifeskills Toolbox' To Book please call Paula Tel: 086- 278 6667 or Jackie Tel: 087- 918 5676

Link directly into the Lifeskills training page on our website www.naturaltherapytraining.com

Facial Rejuvenation 4-day Diploma Course

October 26th-29th 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 Dagleish on 0044 20 88749047 (www.head2toemassage.co.uk)

Food, Mood and Emotion

With Catherine MacBride. Sunday 04th November 2007 **Cost €85**. Many people spend their lives looking for that 'Something' to make them happy_ the perfect house, partner or job; whatever they feel is missing from their life. But what if you already have that 'Perfect Life'_ and just don't know it? Our ability to be happy, positive and content depends on our mental outlook which in turn is dependent on the food we eat. This workshop looks at the way food affects our moods and emotions, both positively and negatively and gives simple dietary and practical solutions to make us healthier and happier.

EVENING CLASSES

Yoga Evening Class

Hatha & Raga with Tara Ivory – Russell Starts 11th Sept (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 Kung With Eddy Grant Mon 8pm–9pm Starting 17th Sept (6weeks) **Cost: €75**

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. Morning & Lunchtime Class also available (see 'Morning Classes')

Meditation With Eddy Grant

Mon 7pm–8pm 17th Sept 2007 (6wks) **€75** Meditation is the art of quieting the mind and letting go of stress and negative thinking. It helps us to attain peace of mind and activate our natural healing process, bringing a renewed zest for life. Morning class also available

Super Memory With Eddy Grant,

6 week course starts 14th September 7.30pm–9pm **Cost €98**

Are you tired of forgetting peoples names, or phone numbers? Fed up struggling to remember things you were supposed to do? Then why not develop a Super Memory. It's easier than you think. After only the first class your memories' ability will be 10 times better. Guaranteed!

Raise your Vibration with Colour & Crystals

With Michelle Burke Delaney, 6 week course starts 14th September 7:30 – 9:30pm **Cost: €120** We all know that colour affects our moods. We find some colours are uplifting and inspiring while others not so much. We often use terms like, 'feeling blue' or 'seeing red', without really thinking of the meaning behind the words. Colour vibrations nourish not only the physical cells and organs but have a powerful influence on our emotional, mental and spiritual well-being. Discover how to obtain a balance of energy from the seven spectrum colours

Crystals embody pure light energy. As white light passes through a crystal, certain wavelengths may be filtered out. Those that survive the passage give the stone its colour. The stone embodies the power of the colour it reflects. Crystals are splendid

symbols of the earth element. They can create, store and release energy.

Join us on a this six week course where you will be introduced to the wonderful world of colour and crystals and explore the following:- Auric Colours and Chakras, Colour Visualisations and Breathing, Healing qualities, Fragrance, Music and Colour, Colour Psychology – What colour are you?, Why we are attracted to certain people and relationships, The Colour we wear and the colour in our Home, Therapeutic use of Colour, Mineral Kingdom and Subtle Energy, Acquiring, Cleansing and programming Crystals, Polarity of the Body, Crystal Meditations & Colour/Crystal Healing Treatments

Reclaiming your Inner Light

with Rita Kelly 20th Sept (7.30pm-9.00pm) 6 weeks **Cost €140**

This course provides valuable tools and directions for self-knowledge and self-healing. Course will include:- Reclaiming Body Mind and Spirit through the Chakra system, Introduction to Meditation, Recognise our repeating patterns and learning techniques to take back your own power, Trusting Intuition, Boundaries, Grounding Exercises, Awakening your inner power, Practical work on body energies. There will be an opportunity in this course to attune more to healing energies and to discuss, share and explore with others in a safe and gentle atmosphere.

Healing Angels Class

With Deborah Gorman, IET Master. Starting 02nd October (Tuesday Evenings) 7pm – 9pm for 5 weeks **Cost : €95** 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.

MORNING CLASSES

Baby Massage—Learn how to massage your baby

with Victoria Monkhouse, Certified Infant Massage Instructor

Morn Course 11am–12:30pm 4 wks Sept 7th / 14th / 21st / 28th Investment €200

This course is open to all parents and their babies under 1 year. Following the structure of the International Association of Infant Massage, the classes provide a wonderful way to enhance the bonding process and keep in touch with your growing child. Babies with special needs are welcome. Contact Victoria Monkhouse on 086 8730319 **BUPA and VHI covers part of cost – see your Insurance provider for details**

Treat You, Treat your skin

with Laura Hilliard-Brady, Wednesday 19th September 10am–12pm Cost : €145 Why not take the time to invest in your skin with this fun and enlightening course!

Skin Diagnosis i.e. blemishes's, oily T-zone, dry skin and how to treat these conditions. How to do a Facial: Cleanse, Tone & Exfoliate. A demonstration on how to apply make-up. Diet & Nutrition and why it is important to your whole well-being. Neck & Shoulder massage for those times of stressful exams.



OPEN EVENING :

**Monday 27th August
6pm–9pm**

**SEPT AND OCT
I.T.E.C Courses
ENROLLING NOW !!!**