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Walmer Newsletter



Love is in the Air! Who's responsible?

Dear Readers, Welcome to the first of our Spring Newsletters. Barely a month passes by these days without some celebration to be had. Christmas rolled into New Year and here we are again in February—the month of Lurrlve!

Across the country, chocolates, flowers, gifts, love and effection will be exchanged between loved ones, all in the name of St. Valentine. Despite what others say, Hallmark did not invent this Festival of Affection. So, who was this mysterious saint . The history of St Valentines day is shrouded in mystery and there are many tales of how Saint Valentine become associated with this ancient rite.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that while in prison, Valentine fell in love with a young girl, his jailor's daughter, who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is

still in use today.

Although the truth behind the Valentine legend is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

Another valentine gentleman you may be wondering about is Cupid (Latin cupido, "desire"). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, god of love. Cupid is often said to be a mischievous boy who goes around wounding both gods and humans with his arrows, causing them to fall in love.

So does it really matter why we are celebrating or who's responsible? Does it matter that Cupid is not actually perched on the nearest fence? Nah! If there is one thing worth celebrating, its 'LOVE'. This is one Festivity that I could safely celebrate all year round. Lets live it, love it, breathe it, eat it, sleep it, nurture it, give it, receive it and never never leave home without it. X

Spring Forward with Walmer College ...

In the Irish Calendar, February sees the start of Spring. The transition from Winter to Summer has begun. Springtime is seen as a time of growth, renewal, of new life (both plant and animal) being born, and of the cycle of life once again starting.

Are you thinking of making a transition of your own this February. Maybe you are contemplating a change of career. This is a great time of the year for new ideas and planting the seeds so to speak.

Just recently I heard somebody say, if you choose a job you

love, you will never have to work a day in your life. What a lovely concept! At Walmer we offer a wide range of Internationally Recognised Diploma courses in Complementary Therapies for anybody who is thinking of a total change of career or just easing into this field little by little. We love our Jobs, Lets us help you love yours !

ANGELS of Guidance

By Mildred Ryan

The evenings are beginning to get brighter and Spring is on its way - a time of new growth, new ideas and new energy. It is a wonderful time to start new projects and plan for the year ahead.

Archangel Gabriel oversees the Angels of Guidance and you can ask them to give you inspiration

and clarity on the steps you need to take to bring your projects forward. They also help you understand your life's calling and will guide you through any challenges obstructing the way.

They will help guide amazing and magical synchronicities, for instance helping you to meet just the right person, have just the right opportunity, whatever you need for your life to flow smoothly - so you can live your heart's desire.

***An Angel Guidance Day
will be held on 18th February
in Walmer College.
Full details in our Workshop
Section***

Elemis Product
Review
Gentle Rose
Exfoliator



Hydrating Absolute of Moroccan Rosa & smooth micro-spherical Jojoba beads very gently exfoliate, leaving skin silky soft to the touch.

Gentle enough to be used daily, this subtly fragranced gel Exfoliator is ideal for all complexions, including the most sensitive.

How to use:

Use two – three times per week, however it is gentle enough to be used every day if you wish.

After cleansing the skin, dampen the face with warm water & apply in circular motions all around the face & neck. Rinse with warm water.

Ingredients:

Cucumber extract, Vitamin C, Absolute of Moroccan Rose & Jojoba Beads.

50ml €32.00

**GIFT VOUCHERS
AVAILABLE
FROM WALMER**

BEAUTY FILE

Elemis Skin Specific Facials Exotic Moisture Glow 1 hour €65

This time of year many people find that their skin is dry & dehydrated. This may be largely due to high caffeine intake, central heating & lack of fruit & water.

Thankfully, for skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect!

Each of our Skin Specific Facials begins with The Welcome Touch, A warm aromatic compress on your feet. A cleansing ritual to remove the urban environment, focus your senses & centre your thoughts. This includes stimulating reflexology pressure points for complete relaxation.

Following a deep facial cleanse & gentle exfoliation Cellular Recovery Skin Bliss Capsules will be used for face, neck & shoulder massage. These capsules enhance the cleansing of skin cells, ridding it of toxins & restoring a youthful bloom.

While you are thoroughly relaxed the anti ageing Elemis Exotic Cream Moisturising Mask is applied. This mask contains a dynamic blend of Mimosa, Amino-acid rich Honey, immune-boosting Sea Rocket, Orange & Bergamot.

While these Ingredients work together to leave skin super-moisturised & enriched you will experience a de-stress scalp treatment for the ultimate in holistic skin therapy.

Using hot mitts & aromatherapy oils the mask is removed & Absolute Eye Mask is used to help decongest, firm, tone & minimise dark circles, leaving the eye area revitalised & rejuvenated.

Finally your skin is fed with moisture loving actives that will bring back that healthy dewy look to your skin.

As well as regular facials there are various lifestyle choices you can follow to help keep your skin hydrated. Reducing your caffeine intake may make a big difference, to begin with try have no more than two cups of tea or coffee a day – swap the rest for herbal teas & make sure your drinking at least 1.5 litres of water per day this will prevent your skin looking parched & papery.

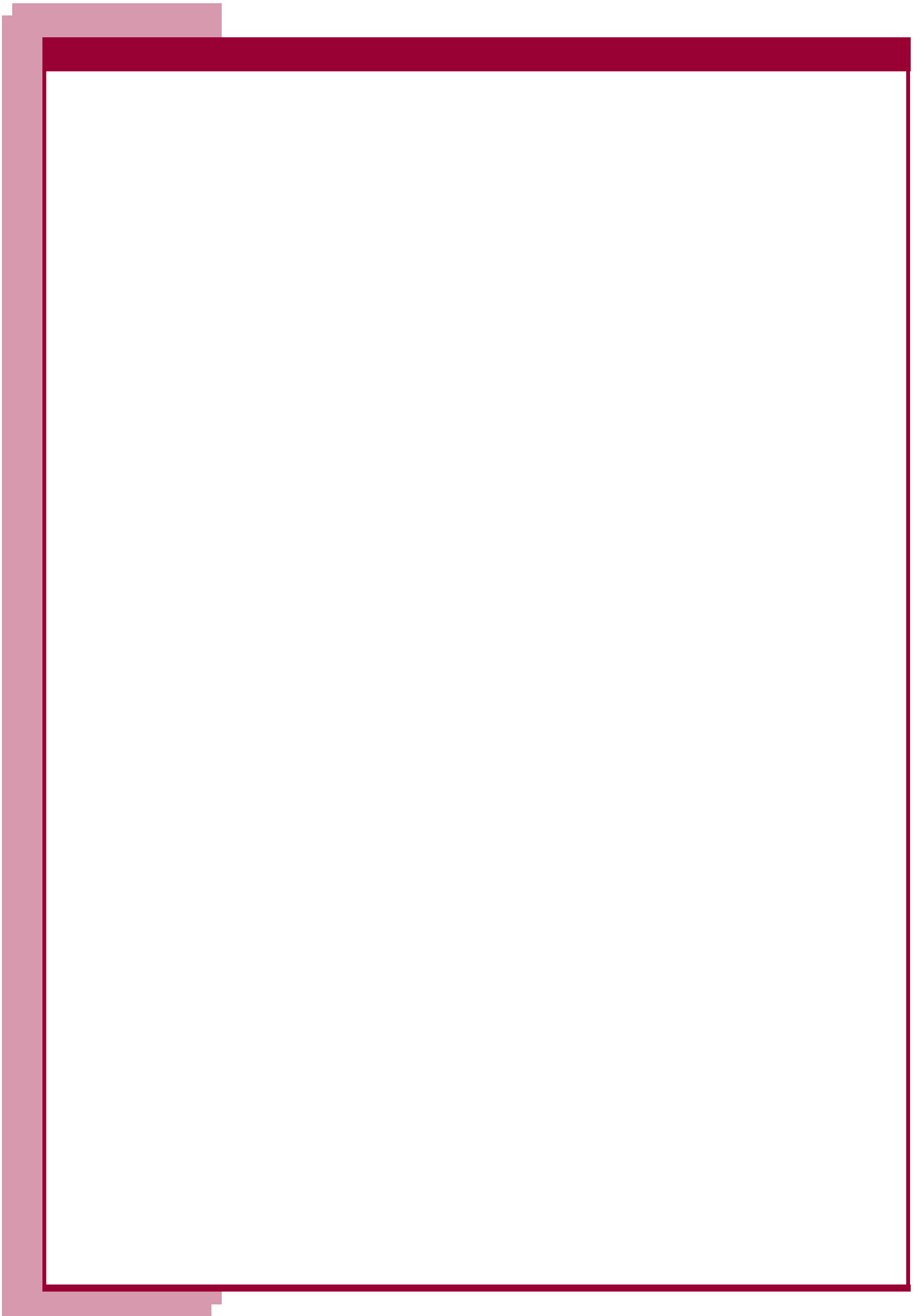
Other Skin Specific Facials include:

Fruit Active Glow – Revives & rejuvenates tired, dull lifeless skin.

Herbal Lavender Repair - Helps to heal & repair oily, problem & congested skin.

Absolute Lift - Improves elasticity & smoothes the appearance of fine lines.

To make an appointment for any Elemis treatment call **Walmer Clinic on 01 - 8329645**, call / text **Lisa Caslin on 087 417 2110** or visit www.aurora-holistichealth.com Lisa would be glad to assist if you would like to order any Elemis products & they are currently not in stock at Walmer Clinic.



Getting the most from the Food we eat

By Catherine MacBride

We all spend a lot of time and energy worrying about what we should and shouldn't eat. **How we eat** can make a huge impact on our general health and by changing just a few of our eating habits we can improve our ability to absorb and utilise the nutrients from the food we eat.

These recommendations can improve the health of your digestive system leaving us feeling happier and healthier, try as many you can for 2 weeks and see how you feel.

Drink 6-8 glasses of water a day. Drink the water in small amounts spread through-out the day rather than all in one go. Water will keep the body hydrated and improve the functioning of the digestive tract, particularly the large intestine. Insufficient water can lead to headaches, fatigue, poor concentration, dry skin, bad breath, body odour and is a major cause of constipation. Very often we confuse the triggers for thirst with hunger and end up eating, when all we needed was a drink of water.

Practise deep breathing. This can reduce stress levels and bring more energy to the digestive system. It also massages the internal organs and can reduce bloating and digestive discomfort. Sit and take 10-15 deep breaths before you start your meal and again when you have finished your meal. Breathe in through your nose, into your tummy and hold and then exhale through your mouth, as if you're blowing out a candle.

Eat your meals at the same time each day. This will allow your body to get into a routine and also reduces the need to eat between meals. Don't skip meals either as this can lead to low blood sugar levels, which can cause mood swings and energy slumps.

Always sit down to eat. This relaxes the digestive system by relaxing the muscles of the abdomen. It also allows you to focus on the process of eating. Even if it's only a small snack sit down to eat.

Chew your food well. Chewing your food well gives your system a head start and can prevent indigestion and excess wind. Chew with your mouth closed. It is best to avoid talking while chewing (for everyone's sake).

Eat in a comfortable and quiet atmosphere. It is very important to take your meals during a settled time of the day when you are free from distractions. Try not to eat in front of the television, we tend to forget that we are eating and we don't notice how much we have consumed, or how fast we have eaten until our plate is empty.

Eat at a moderate pace. This will allow you to know when you have eaten enough without over eating; it also allows you to chew your food well. If you eat too quickly put your knife and fork down after each mouthful and don't pick them up until that mouthful has been chewed and swallowed.

Don't eat when you are upset. If you feel upset at meal times wait a little while until you feel calmer. When you are stressed or upset there is an increase in the production of acid in the stomach (HCL) and a slowing of normal stomach contractions. These acid rich secretions remain in the stomach longer than usual and cause irritation and discomfort. Eating when you are upset can lead to pain, trapped wind and loose bowel movements.

Avoid overeating. You should eat to about three quarters of your stomachs capacity, which for you is approximately two handfuls (your hands, you can't borrow the local bricklayers). Eating beyond this point prevents the stomach contracting properly and can cause heartburn, indigestion, bloating and pain. Three quarters full is also the point that gives us a feeling of satisfaction without the sensation of over eating.

Don't drink while you're eating. It's very easy to get into the habit of washing food down with a drink before we chew it properly. In doing this we moisten the food with the drink instead of our own saliva. Saliva's function is to break down carbohydrates and if we

don't use it we can end up feeling bloated and uncomfortable.

Take a few minutes to rest at the end of your meal. This allows the process of digestion to begin in an effortless way and can prevent heartburn and indigestion. Try not to bend over or lie down for an hour after eating, as this can increase the risk of heart burn and acid reflux.

Avoid cold foods and iced drinks. Your stomach and digestive system works best at body temperature. Cold foods slow down digestion. Warm lightly cooked foods are the easiest to digest. Save your ice cream for 30 minutes after dinner.

Eat meals that are cooked from a wide variety of fresh ingredients. Eat at least five portions of fruit and vegetables per day. Eating 5 a day has huge health benefits including cutting our risk of cancers and heart disease. Choose fruit and vegetables that are grown locally and in season. This is when they are cheapest and at their most nutritious

Don't eat in the three hours before bedtime. This can increase the risk of digestive discomfort and acid reflux; it can also put pressure on the heart. Eating late at night usually leaves you feeling groggy in the morning and unable to eat breakfast.

©Catherine MacBride 2007

Catherine MacBride teaches the ITEC Diploma in Diet and Nutrition and also runs regular workshops in Walmer College. Full details can be found in the Workshop section. She runs a busy home practise, based in Dublin 24, offering a number of complementary therapies. For more information visit

www.catherinemacbride.com

Onsite Massage

By Mary Tobin

Although relatively new to Ireland, on site seated massage is fast becoming a popular medium (no pun intended) for introducing complimentary therapies to a wider audience by taking treatment to the client saving them time and money and creating more opportunities for you, the therapist.

On site seated massage is 15-20 minute treatment carried out on client while seated and through clothing. No oils are used and minimal space is required making this treatment an accessible none intrusive Holistic experience.



Many multinational companies now see the benefits of incorporating on site massage as part of their stress management programme seeing it as a way of reducing stress and tension which cause aches, pains and eventually illness and absenteeism. The companies also see offering this service as a way of boosting staff morale and therefore productivity. It's a win win situation.

In America and parts of Europe you will find massage bars in most international airports where there is a captive audience due to earlier check ins and delays.

What better way to diffuse the stress of long airport waits than a 15 minute on site massage. Also in America and Europe many shopping centres and department stores are offering the on site massage service to loyal customers and weary shoppers giving them a renewed energy to shop some more.

The possibilities for on site massage (OSM) are endless. For example Sporting / Corporate events, Trade Fairs and Exhibitions, Conventions, taking massage to the elderly, hospitalized and disabled.

Last year myself and my Fellow tutor Michelle Burke recognised a niche in the Irish market and travelled to London to study OSM. We took what we learned there and added it to our many other Holistic treatments and developed our exclusive one day course in Holistic Onsite Massage, teaching qualified therapists how to adapt their treatment to suit seated and clothed clients while learning new techniques such as acupressure, stretching and more. Also as part of the course we discuss ergonomics in the work place and how to market your OSM service.

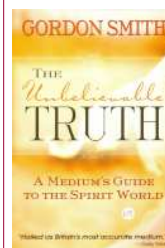
This course is informative and fun and a fab new add on to your existing portfolio of treatments. The next course takes place here in Walmer Collage on Sunday 25th March and other dates throughout the year.

Full details are available in the Workshop Section

BUY THE BOOK

The Unbelievable Truth Gordon Smith

Internationally acclaimed medium Gordon Smith has been studying the world of spirit for many years. In this extraordinary book, he takes a close look at the subjects that have fascinated and amazed people for centuries: life after death, reincarnation, the afterlife, and experiences of heaven and hell. Using the special inner sight with which he was born, Gordon



takes you on a journey through the spirit world and into the cycles of life and death.

In his quest to find the truth, and be able to answer the many questions that people ask him at his talks and seminars, Gordon has conducted interviews with scientists, Tibetan Buddhists, healers and other gifted mediums—and he combines this research with his own remarkable experiences of encounters with the other side. In his clear and down to earth style, Gordon cuts through illusion and fakery to get to the core of the truth about the spirit world and continuing existence of human consciousness.

"Hailed as Britians most accurate medium" - Daily Mail

*Available to buy at
Walmer Shop—€18*

Revitalise your Life

By Eddy Grant

Can you imagine yourself overflowing with vitality?

Practising tai chi, chi kung and meditation, on a daily basis, will help you to reach and maintain a level of overflowing vitality.

Imagine what your life would be like if you had the energy, motivation, and enthusiasm to do everything you want to do. At that level of vitality, you can make your dreams come true!

Our modern, fast paced lifestyles and schedules continuously lead us away from our centre, that space inside that is tranquil and at peace with life.

When we are in this centred space we are able to do all that life demands of us, and not become exhausted or stressed. In this space resides true health and vitality. It is in this centred space that love, joy, happiness, abundance and success, can be found.

Everything comes from the centre and returns to the centre. Everything outside is a reflection of some inner aspect of ourselves. By bringing balance and harmony within, that balance and harmony is reflected outside, in our life.

These exercises and meditations are designed to bring balance and harmony within, so that we become centred. However, life, nature, emotions, thoughts and our bodies, are constantly

changing. This is the way of life. So you may feel balanced and centred in the morning, but by the evening you may feel upset, frustrated or exhausted. These practices enable us to make the ad-

“Everything outside is a reflection of some inner aspect of ourselves”.

justments necessary to renew our energy, and bring us back into balance and harmony.

Tai Chi

Tai chi is said to have been created about 1500 years ago. Its movements are based on the natural cycles found in nature.

At the time of its creation, tai chi was developed as a martial art. But this is just one of its expressions. Practising its movements, encourages the balanced flow of chi (energy) within our body. Blockages in chi flow lead to illness. Practising tai chi maintains the balanced flow of chi, therefore preventing blockages that lead to illness.

Chi Kung

Chi kung means energy development, or energy exercise. These exercises raise our energy and vitality levels to restore balance and health. Using natural movements, they open the body, mind and emotions, to allow the flow of chi to develop. They use the flow of breath to calm and focus the mind, to enhance chi flow.

Meditation

Meditation is practiced by all cultures, all over the world, and its



creation is not limited to one culture or tradition. Each style or technique has its value to different people.

The Taoist techniques of the Inner smile and the Six healing sounds, work specifically with the 5 vital organs of the body. Each organ is linked to the others, and when they work together, they maintain a balance of all aspects. Each organ has corresponding emotions, colours, sounds and senses, that create harmony within, when all are brought into balance.

Being truly healthy, is feeling full of vitality, happiness, and gratitude to be alive. When all aspects of yourself are in balance, this is how you feel.

Why not treat yourself to a life full of vitality and joy.

You deserve it!

Love & light, Eddy.

See Evening & Morning classes section for full details of Tai Chi and Meditation Classes.

Lifeskills Techniques

the way forward in health... *By Paula Hynes & Jacqueline Rynn*

Second only to back pain, stress and stress related illnesses is now the second biggest occupational health problem in the European Union. A recent EU report highlighted by Ireland's Health and Safety Authority claimed that over forty million Europeans suffer from stress translating into the staggering loss of €20 billion in lost time per year for employers throughout Europe.

Today we are so busy trying to "keep up" with life in this rapidly moving environment. Often, we haven't even realised that there are many simple lifeskills and techniques which can be learned to help us live a more peaceful, healthier and happier life. Through the use of natural lifeskills, stress management and relaxation methods we can effectively minimise everyday stressors, tensions and anxiety whether it is in our workplace, our families, our home lives or life in general.

A unique continuous professional development programme designed for those interested in consulting in lifeskills, stress management, personal development and relaxation techniques has launched in the Midlands through the Natural Therapy Training Centre.

"Training as a Lifeskills Consultant is a stimulating approach to the management of stress and

personal development guaranteed to captivate the participant." explains international Lifeskills trainers, Jacqueline Rynn and Paula Hynes *"The programme is unique*

"We are so busy trying to keep up with life in this rapidly moving environment"

in the way it is presented and taught. It successfully combines the power of the mind and body and in doing so teaches the consultant to work with their client's in using specific tools and techniques from the "Lifeskills Toolbox™" that can help them to observe negative thought patterns and identify personal stressors. The training is designed in such a way as to ensure that the participant can begin incorporating tools and techniques taught into their own daily lives from day one so that the entire programme becomes a truly life-changing experience for all involved".

Founded in 2001, the training programme is aimed at health professionals, occupational health advisors, human resources consultants, professional therapists, life-coaches and teacher trainers to list but a few. Participants who successfully complete the certification will be equipped with additional knowledge and an enhanced understanding of how stress, tension and anxieties impact the body and mind and therefore affect day-to-day life.

This programme is run on behalf of FAS by Chambers Ireland and The Natural Therapy Training Centre. If you are interesting in registering for a place on the consultancy programme and are currently in full or part time employment, or are registered self employed you may be entitled to funding for this course.

The programme is also fully accredited with the IACT, Embody, the FHT and the IRI and participants are awarded CPD points on their full completion of the training.

The Lifeskills Consultancy training programme is scheduled to take place in Walmer College, Raheny from the 27th- 30th April 2007.

To register your place on the Certified Lifeskills Consultancy training programme you can contact the NTTC Course Directors on 086 278 6667 or 087 918 5676

Or email info@naturaltherapytraining.com

SUZIES STARS

February is a month all about Manifestation, What is it that you truly desire? Ask the universe, put it out there and you will be amazed at what happens, just make sure what you ask for is what you really want!!!!



Suzie does readings in the Centre using a variety of different cards.

Aquarius – Jan 21 – Feb 19

Attractive Aquarians are in for a fun filled happy month, this is a time when you will feel free of all troubles. Go on smile and make the most of it.....

Pisces – Feb 20 – Mar 20 Passionate Pisceans – it is time now for you to realize the power within, stop feeling guilty about what you are not doing and just enjoy what you are!!!!

Aries – Mar 21 – Apr 20

Amazing Aries – open your eyes and take off the blinkers or else you will miss out on a great opportunity. All will fall into place when the time is right – you can't force it but that time is very soon!!

Taurus – Apr 21 – May 21

Tempestuous Taurus your time has arrived, new beginnings are here for you now, a very good month filled with laughter and fun – Enjoy!

Gemini – May 22 – June 22

Gorgeous Gemini's look after your inner child and any young people around you, you will be amazed what you learn, stop obsessing and allow the good times in.

Cancer – June 23 – Jul 23 Cute Cancerians – a well deserved break is on the way, its time for some serious soul searching, who or what is it that I really want?

Leo – Jul 24 – Aug 23

Luscious Leo – your prayers will be answered this month but you just have to hang on in there, be patient a bit longer, the last mile is always the hardest but you are nearly there!!

Virgo – Aug 24 – Sept 23

Vampish Virgo – Although it may not seem like it you are being looked after. Remember your guardian angel in your prayers, you can cope you just need to juggle things around a bit.

Libra – Sept 24 – Oct 23

Lovely Libra. February will find you studying hard but don't forget to go out and celebrate and have some fun, remember all work and no play.....

Scorpio – Oct 24 – Nov 22

Sultry Scorpio. You need to find time this month to appreciate nature, go outside and breathe deeply. A passionate sensual month for those who dare!!!

Sagittarius Nov 23– Dec 21

Sexy Sagittarians will find themselves off on another adventure this month. A holiday or short break finds you meditating on the future

Capricorn Dec 22 – Jan 20

Confident Capricorns will find that good news is on the way, check the post!! Dealings with young people and the young at heart will bring you a serenity not experienced before.

For Sale:- Beauty Couch
White in Colour. Great Condition
€100 Phone Gillian 086
2264981

Plinth for Sale. Immaculate
Condition—Barely Used.
Bought from Talbot Trading.
€200 If interested call Dara
on 087 6366775

Happy Feet by Mary Tobin.

Last week myself and my husband Ray brought our three children to the cinema to see a film called Happy Feet. It's a story about a cute little penguin called Mumble. When Mumble was born it was discovered he was different to other penguins and was very quickly outcast by his society (boy I sure did identify with this little fella). It was only when society overcame their prejudices and narrow mindedness that they realised it was Mumble's very differences that made him so special and indeed heroic and accepted him. (Happy Days)

That night when we were discussing the film, Ray told me two very interesting facts about penguins. Firstly when a penguin meets his mate he stays with her for life and secondly once the female lays the egg, the male stays at home nurturing the egg until it hatches & the female goes to work. So to recap male penguins are monogamous and do the pregnancy, which has left me with a burning question ... Should I have married a Penguin ?

Serenity is not escape from the storm but finding calm within the storm

LOVE

If you feel like really pampering yourself or someone you **LOVE** this Valentines Day,

Acupuncture

Allergy Vega Testing

Aromatherapy

Astrology Readings

Beauty at Walmer

Bowen Technique

Chiropractic

Colonic Hydrotherapy

CranioSacral Therapy

Crystal Clear Laser

Diet & Nutrition

Elemis Luxury Treatments

Healing Clinic

Holistic Massage

Hypnotherapy

Hydrotherm

Hopi Ear Candles

Indian Head Massage

Intuitive Clairvoyant

Kinesiology

McTimoney Chiropractic

Ma-Uri Massage

Osteopathy

Past Life Regression

Pregnancy Massage

Reflexology

Reiki

Reiki / Medium

Sports Injury / Massage

Tarot / Angel Readings

Thai Massage

Thought Field Therapy



Full details and prices can be found in our Clinic Leaflet available from reception or from our Clinic Pages on www.walmer.ie



GIFT VOUCHERS AVAILABLE



ACUPUNCTURE

Acupuncture is a part of traditional Chinese medicine, one of the oldest, safest and most effective systems of medicine in the world. Valuable in treating a wide range of physical and emotional problems.

Stephanie Davis R.G.N., R.M.Lic, T.C.M

First Visit €60 Subsequent €40

I.T.E.C College Complementary Therapies

HOLISTIC MASSAGE/ ANATOMY & PHYSIOLOGY AND SPORTS MASSAGE



INDIAN HEAD MASSAGE MAR 07

AROMATHERAPY APRIL 07

REFLEXOLOGY APRIL 07

ONE YEAR COURSE HOLISTIC STUDIES-SEPT 07

DIET & NUTRITION OCTOBER 07

FULL TIME 2 WEEK HOLISTIC MASSAGE COURSE FOR REFLEXOLOGY GRADUATES-MAY 07

INDIAN HEAD MASSAGE MULLINGAR COURSE JUNE-JULY 07

I.T.E.C College of Beauty

I.T.E.C BEAUTY SPECIALIST SEPT 07



FACIAL ONLY CERTIFICATE SEPT 07

WAXING ONLY CERTIFICATE FEB 07

OTHER DIPLOMA COURSES, WORKSHOPS, MORNING & EVENING

ITEC Sports Massage

Paul Reddin, Sports Specialist

Coming to Walmer Feb 07

Comprehensive Course

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

Comprehensive 2 week course

10am - 5pm each day

OTHER DIPLOMA COURSES

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*.

The course will be held over 5 weekends (Friday, Saturday and Sunday) between April and November 2007.

April 13-15, June 8-10, September 7-9, September 28-30 and November 9-11



Cost: €1500 for course Deposit €300

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

Integrated Energy Therapy ® Class

With Deborah Gorman

Basic and Intermediate combined €350, Next Date TBC

Advanced Level €200.00, Next Date TBC

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.

OTHER DIPLOMA COURSES

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher

19th/20th April 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 27th April and 04th May 7pm—9:30pm)**



Reiki 2 Workshop

With Catriona Doyle Reiki Master/Teacher

Thurs/Fri 15th/16th March 10:30 - 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 25th May and 01st June 7pm—9:30pm)**

Reiki 3—The Master Level

With Catriona Doyle Reiki Master / Teacher

Thurs 15th and Friday 16th February 10:30am- 6pm

Cost €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.

Incl 2 support group meetings Friday 23rd Feb & Fri 02nd Mar 7pm—9:30pm

Student Support & Exchange Evening

Monday 12th February 2007 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.

WORKSHOPS

Angel Guidance

with Mildred Ryan Sunday 18th February 10.45 a.m. - 5.00 p.m. Cost €75

At the start of the year, it is a marvellous time to make a commitment to yourself to create the fulfilling life you desire - **a life of Love, Joy, Happiness and Peace**. Today we will work with the Angels - tuning into their light and loving energies, and open to receive their guidance and assistance. We will ask the Angels to guide you onto a clear path and help set up the amazing and magical synchronicities which will help you **live your heart's desire**.

We will particularly work with your Guardian Angel, Archangel Gabriel for guidance, Archangel Michael for courage, strength and protection, Archangel Chamuel and the Angels of Love and Archangel Raphael and the Angels of Healing.

Aromatherapy Update Day

With Carol O'Bryne Sunday 25th Feb 2007 10.30am - 5pm Cost : €90

Are you a qualified aromatherapist? Is it too long since you have used your essential oils? Perhaps a day spent in rekindling your knowledge and application of oils could work to your advantage. The emphasis is on revisiting the therapeutic properties of essential oils at all levels. A review of the basic Aromatherapy Massage is included. A day to encourage

Hopi Ear Candling

With Mary Dagleish 26th February 2007 10am - 6pm Cost: €150

This one day course offers therapists the opportunity to add this gentle, non-invasive therapy to the range of treatments they can offer their clients. After the course, therapists can offer their clients a treatment lasting around 45 minutes. The course covers history; how the candles work; benefits; contra-indications; anatomy; safety; a massage sequence of the face, neck scalp and ears; practical sessions. This course is suitable for hands-on-therapists; for example, those qualified in Indian Head Massage, Reflexology, Holistic Massage, Beauty Therapy etc. This Course is accredited by the Complementary Medical Association (CMA) and EMBODY (CThA). On successful completion of the course a certificate will be issued and therapists can obtain insurance to practice Ear Candling on their clients.

For an Application Form & Further Details contact: Mary Dagleish on 0044 20 88749047

Feet Forward

With Carol Donnelly & Terry Kenny Sun Mar 04th 10:00am-5pm Cost €85

Moving on with reflexology, participants will learn how to find and utilise chakras on the feet, learn a bit about linking points and also learn introductory Thai massage to use on feet and legs. Deposit €40 required to secure your place.

Aromatherapy within the Health Care Services

With Carol O'Byrne, Niamh Walshe

& Niamh Hulm Sunday 11th March & again on Sunday 18th March 10.30am - 5pm Cost : €90

With the increased awareness of the beneficial effects of the application of essential oils within the caring professions, we offer you the opportunity to engage and participate in a day of input and discussion. Accompanying the revisiting of the efficacy of relevant essential oils, we will present the experiences, findings and news of the implementations of oils.

Where do they work best? How to determine the amount and method of use? The awareness of safety data, including medical conditions, dermal presentations and emotional needs that need to be considered. Are we sure of the oils we have chosen? These are among the main areas of Aromatherapy working within the health profession that are being pre-

Refresh your Anatomy & Physiology

With Carol Donnelly Sun March 25th 10:00 am -

5:00 pm Cost: €85 Have you ever felt the need to renew the A&P knowledge you learned in your early days as a student therapist and have a bit of fun doing this? Deposit €40 required to secure your place. Further enquiries to: Carol Donnelly 087-6849790 OR carol@suiamhneas.com

Onsite Seated Massage *With Mary Tobin & Michelle Burke Sun 25th March 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 leaning 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.

Lifeskills Consultancy Training Programme *With Paula Hynes & Jacqueline Rynn :*

Fri 27th—Mon 30th Apr 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

Heal Your Life Workshop *With Anita Stapleton – Mirolo, Authorised Louise Hay Teacher & Life Coach*

Sunday 18th March 2006 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

Reading the Face and Body (Diagnostic Tools for Health)

with Catherine Mac Bride & Christine Brady Sun 13th May 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**

Pregnancy & Reflexology including Infertility *With Carol Donnelly and*

Dr. Jennifer Donnelly MB, MRCOG, Specialist Registrar in Obstetrics and Gynaecology Saturday 19th May 2007

10am – 5pm Cost: €85 This day will cover the stages of pregnancy: how a woman's body changes and baby develops, issues clients may have at these times and how reflexology can be of benefit. We will also discuss problems with fertility. **Non-refundable deposit of €40 required to secure your place**

Bach Flower Remedy System of Healing *With Carmel Clarke 30th June and 1st July 2007*

10am – 5:30pm Cost : €185 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 course will introduce you to Dr. Bach's philosophy of self-help and simplicity. It is a 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, learn how to use Rescue Remedy/Cream in daily life and gain an insight into the history and philosophy of Dr. Edward Bach. Each participant will receive recognised Certificate.

EVENING CLASSES

Tai Chi Chi Kung *With Eddy Grant Mon 8pm–9pm Starting 26th Feb 2007 (6weeks) Cost: €60*

The gentle, graceful movements of Tai Chi help us release tension and stress and renew our vitality and health, bringing

Meditation *With Eddy Grant Mon 7pm–8pm 26th Feb 2007 (6wks) €60*

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 (see Morning Classes Section)

Yoga—Iyengar Based yoga Class

with Ann Marie O'Connell 8 Wk Course—€115 Thurs 05th July Beginners 6.30 – 7.45 Intermediate 8.00 – 9.15 Iyengar-based yoga focuses on body alignment, enabling the systems of the body to function at their best. Helps with toning, balance, flexibility, improves concentration and increases circulation and energy. The poses are done slowly and held for some time. Relaxation and meditation are done in the last 15 minutes of the class. Payment by Cash and Cheque

Yoga Evening Class—Hatha & Raga

with Tara Ivory – Russell Tuesday – 06th March 2007 (7pm-8.15pm Beginners) (8.30pm-9.45pm continuous) 8 weeks Cost €110 This 8 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)

MORNING CLASSES

Baby Massage—Learn how to massage your baby *with Victoria Monkhouse, Cer-*

tified Infant Massage Instructor Morn Course 11am–12:30pm 4 wk 09th Mar Investment €200 (continues 16/23/30 Feb)

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**

Tai Chi Chi Kung *with Eddy Grant Thurs Morn 11am–12pm 6 wks Next Class Starts 8th Feb €60*

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. Evening Classes available also - see Evening Classes Section

Meditation *With Eddy Grant Thurs Morn 10am–11am 6 wks Next Class Starts 8th Feb €60*

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. Evening Classes available also - see

Revitalise your week *With Eddy Grant Thursday Lunchtimes 1pm–2pm Drop In Class €10*

Drop in Class to revitalise and renew Mind Body & Spirit through practicing Golden Sun Chi Kung and Inner Smile Meditation. Wear loose comfortable clothing.