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Walmer



Newsletter

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NEW YEAR, NEW NEWS !

Dear Readers, Happy New Year to all. Walmer would like to wish you every happiness for 2007.

The dawn of a New Year has brought renewed energy and a sense of motivation to the Walmer Team and we are really looking forward to the year ahead. 2007 sees the launch of our New Look Walmer News. Our aim is to bring you a more comprehensive and interesting Newsletter which we hope will keep you engrossed while you wait for your treatment or while you relax with a coffee. Every month will see a different Newsletter with more articles and up to date news.

The area of Complementary Therapies is vast and our hope is that we can share some of our invaluable information with you. January is very much about introducing the Newsletter and will contain some articles of interest. From February on, Our features will include:- Essential Oil of the month, insight into some Holistic Therapies, Client and Therapist Experiences, reviews of some of the items in our Shop, Diet & Nutrition Column, Angel News, Beauty Section, some very interesting facts and stories relating to Mind Body Spirit connection, Student section, Book



A New Year Dawns, bringing renewed Energy and motivation.

Reviews and much much more...

As usual the Newsletter will contain information on all courses held here at Walmer. Whether you're looking for and I.T.E.C Diploma Course, Workshop, Morning or Evening Classes, all details can be found inside.

The publication can also be viewed on our Website at www.walmer.ie and we will store each past month in the archive section.

To enable us to develop this into a Newsletter containing articles that you enjoy reading, we really need your feedback. The last page contains a feedback form if you would like to submit your comments or simply drop us an email to news@walmer.ie

Good luck with the Resolutions!

Make a Date with us on Jan 29th ...

Are you planning a Journey with us in 2007?

We will be holding our **Open Evening on January 29th from 6pm—9pm**

If you are considering gaining an I.T.E.C qualification in one of our Diploma Courses or you may have an interest in attending one of our Workshops or Morning or Evening

Classes, this is the perfect opportunity to speak to Tutors or to visit the warm and welcoming environment that is Walmer.

For many, **Open Evening** is the first encounter with Walmer and Complementary Therapies in general. New Visitors are always pleasantly surprised at the amount of courses and workshops available. For others it may be a

return to the College where they enjoyed training previously.

Jan 29th will see New students enrolling for the February I.T.E.C Holistic Massage and Sports Massage Classes, as well as classes scheduled for later in the year.

We look forward to seeing you there .. **All are Welcome!**



The Angels are High and Beautiful Beings of Light – messengers from God – who are ready and willing to help us in every way possible. They only wait to be asked.

You can ask the Angels to lighten up any area of your life, or to radiate their Light and Love to any person animal or situation.

Angels are God's healers. They are beings of Love, Compassion, Mercy and Grace.

Asking the Angels for Help

It seems fantastic – to have Angels so available to help us - waiting, ready and willing to help in any area of our lives. Can you imagine having a loving compassionate friend who is willing to help you at all times, to whom you can turn to for help, can request assistance with any problem, or help smooth over a difficult situation?

The Angels are available to us all – all you have to do is ask. They are waiting and longing to help, and are delighted to assist you, protect you, and smooth your path whenever possible.

Angels guide the amazing and magical synchronicities which are so helpful at times.

Guardian Angels

We each have our own Guardian Angel, who is with us at all times, lovingly radiating light and guidance towards us, and smoothing our way through the day. Your Guardian Angel will guide you through any challenges, and will stand by you, holding you in love and compassion, and help to ease any situation.

ANGELS

By Mildred Ryan

You will always be given help, either directly, or indirectly, such as being guided to a book with an answer in it, hearing something really helpful on radio or TV, or through a friend giving you just the right information.

Angels for every area of your Life

Along with your Guardian Angel, there are Angels who can help in every area of our lives, such as Angels of Healing, Angels of Love, Angels of Peace, Angels of Protection, Angels of your home, your car, etc. You can call on these Angels for help at any time.

Remember, all you have to do is ask. It is helpful if you take the time to centre yourself first, calm turbulent emotions, breath in and surround yourself with the colour Gold, which is a colour with a very high vibration, the colour the Angels vibrate with, making it easier for them to connect with you. Angels will help you achieve your highest potential

Above all, your Guardian Angel and all the Angels working with you, help you to achieve your highest potential so you can move forward into the Joy, Abundance, Love and Freedom which is your birth-right.

This is really exciting, as everything is interconnected, and as each of us individually experience more joy, love and peace, it has a ripple effect – touching off everyone and everything else around us - giving us the possibility of Creating Heaven on Earth.

Mildred runs Angel workshops in Walmer College to introduce people to the Angels in their lives, and it is wonderful to see the powerful connections people feel with their Angels, and the guidance and help they are given during the day.

It is marvellous to see people feeling so uplifted and held, knowing that the Angels are there for them, ready to help with any problem, or with guidance on any issue.

Mildred is an accredited Angel and Ascension Teacher and Teacher Trainer of the Diana Cooper School and runs Teacher Training Courses, empowering people with the knowledge, skills and confidence to spread the Light of the Angels in their own creative ways, through leading their own groups and workshops, or within their family, among friends, in their workplace or community.

Angel Days and Teacher Training Courses are held regularly in Walmer College and Holistic Centre.

The next Angel Day is on Sunday 18th February

The theme of this day is Guidance from the Angels – at the start of the year taking the opportunity to 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.

The next Teacher Training Course is starting on 13th April.

The aim of this course is to empower people to spread the Light of Angels, Ascension and the Sacred Mysteries of the Universe.

Full details on website – www.mildredryan.com

Juniper—January's Detox Essential Oil

Did you know that people in the middle ages believed that juniper could ward off the plague? Turns out they weren't far off: juniper has anti-bacterial properties. It also offers a relaxing and lively antidote to negativity. And today, many modern spas have discovered how effective juniper oil is as a detoxing aid and a support in the fight against cellulite.

Juniper fortifies the nerves and helps combat the symptoms of restlessness, tension and anxiety.

The unique stimulating and calming

properties of juniper make it a good treatment for feeling of nervous exhaustion and self doubt.

Juniper helps to clear lymphatic congestion and therefore detoxify the body. It eases breathing in respiratory infections and can be used to purify and tone oily complexions. It is also beneficial to a sluggish digestive system, especially when combined with grapefruit oil. It helps to reduce waste retention and assists with flushing toxins and waste from the body.

CAUTION:

As with any essential oil, please consult with a health professional before using juniper oil if you are nursing, or have any medical condition that would suggest caution with essential oils. Never use anything but small amounts of essential oils. Juniper oil is not recommended for use by pregnant women as Juniper can stimulate the muscles of the uterus. It can also stimulate and irritate the kidneys.



'People in the middle ages believed that juniper could ward off the plague? Turns out they weren't far off.'

Juniper DETOX

- ◇ Detoxify the digestive system and kidneys after over-indulgence of alcohol or rich foods with an abdominal massage. Add 2 drops of Juniper and 4 drops of grapefruit oil to 20ml of carrier oil (grapeseed or sweet almond) to flush out toxins.

Always remember to massage in the direction of digestion which is from right side of tummy to left.

- ◇ Stimulate Lymphatic drainage by adding a couple of drops of your blend above to a loofah when showering. Massage briskly over areas affected by cellulite.

Benefits to the Mind & Soul

The Dried Leaf of Juniper can be burned as a cleansing and uplifting incense.

Juniper is thought to be a cleaner and detox for the Subtle bodies and can also clear negative energy that accumulates in crowded places, or where anger or ill will has been expressed.



Clear your Aura by having a ritual bath (use only 1-2 drops of Juniper oil and mix with milk or carrier oil before adding to bath)





Feeling the Chill?! Winter Warmer Special Offer?

Hot Stone Back, Neck, Shoulder Massage &
Hot Stone Facial

90 mins €100 A Saving of €35

This timeless healing technique combines therapeutic massage with smooth heated basalt stones & warm oils to help increase circulation, improve energy flow, detoxify & rebalance. Hot Stone Massage can achieve a deep state of relaxation, health & well-being. Tired, sore & aching muscles are relaxed & tensions held at the deepest level are released. Combine this with a Skin Specific facial & warm oils to massage the feet, hands, arms, neck, shoulders & face. A luxurious treatment which aims to increase circulation, improve energy flow & detoxify.

To book an appointment call or text Lisa @ Walmer Clinic 087 4172110. Full details of this and more luxury face and body treatments can be viewed on Lisa's website www.aurora-holistichealth.com

Elemis Product Review.

Exotic Cream Moisturising Mask



This light creamy mask contains a dynamic blend of Mimosa, amino-acid rich Honey, immune-boosting Sea Rocket, Orange and Bergamot. These work together to leave skin super-moisturised and enriched. For optimum penetration of its active ingredients, apply a thin layer and leave the mask on overnight. Suitable for all skin types

How to use:

Use twice a week to lift the skin and nourish the epidermis. Spread the mask generously over a clean skin, including the neck area but avoiding the eye area and lips. Leave for 15 minutes. Remove with warm water.

Ingredients:

Absolute of Honey, Absolute of Mimosa, Neroli, Sea Rocket, Orange, Bergamot, Mallow, Lecithin, Xanthum Gum, Tocopherol.

50ml €44.40

Intense Pulsed Light Laser Hair Removal

Intense Pulsed Light (IPL), is a method of hair removal from the body involving the use of a specially constructed xenon flash lamp and focusing optics. The focused, broad spectrum light is applied to the surface of the skin by way of either a hand-held wand, or by an articulated arm. The intense light travels through the tissue of the skin until it strikes the hair shafts or the bulb (root) of the hair. The bulb is usually where the highest concentration of melanin is located, as opposed to the rest of the hair shaft.

When the light strikes the dark-colored melanin, the light is converted to heat energy. The bulb and most of the hair shaft is instantly vaporized. The intense heat radiated by the hair also destroys the hair-producing papilla or the entire hair follicle. It is also claimed that direct light-heat conversion occurs directly in the darker colored capillaries that bring nourishing blood to the follicle.

The pulses of light produced by IPL equipment are very short in duration, so discomfort and damage to non-target tissues is minor. The IPL hair removal process has become very popular due to the relatively low cost and rapidity of the procedure.

Laser Hair Removal is available now at Walmer Clinic. If you would like a full price list or if you would like to book an appointment, contact Elaine Fiddy at 086 2228494.

Elaine also specialises in Brite White Teeth Whitening, Red Vein Treatment, Skin Rejuvenation, Pigmentation Sun Spots.

Treat yourself this month at Walmer Clinic

If you feel like really pampering yourself, check out the treatments on offer in our Clinic. There are so many to choose from:

Aura Soma	Hypnotherapy	Tarot / Angel Readings
Acupuncture	Hydrotherm	Thai Massage
Allergy Vega Testing	Hopi Ear Candles	Thought Field Therapy
Aromatherapy	Indian Head Massage	
Astrology Readings	Intuitive Clairvoyant	
Beauty at Walmer	Kinesiology	
Bowen Technique	McTimoney Chiropractic	
Chiropractic	Ma-Uri Massage	
Colonic Hydrotherapy	Osteopathy	
CranioScaral Therapy	Past Life Regression	
Crystal Clear Laser	Pregnancy Massage	
Diet & Nutrition	Reflexology	
Elemis Luxury Treatments	Reiki	
Healing Clinic	Reiki / Medium	
Holistic Massage	Sports Injury / Massage	



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

COLONIC HYDROTHERAPY

An excellent and safe way to detox the body thus helping with conditions such as constipation, candida I.B.S. food allergies, skin and menstrual problems to name but a few.

Irene Scarff, Andrew Smith M.I.A.C.H

First visit 1 1/2 hours **€110** Follow up **€100**
Course price 3 sessions **€ 260**

Loose Inches and Feel Lighter - Colonic and Full Body Wrap . Lose between 10 and 20 inches on our Harley Body Wrap. Added bonus silky smooth Skin & excellent detoxification Aid to complement a Colonic Hydrotherapy Session. This is a gentle Cleansing treatment for the bowel using warm filtered water and herbs. Excellent Detox increases energy and vitality. Look Good and feel great all in one go. **€190**

www.colonicirrigationie.com

I.T.E.C College Complementary Therapies

**HOLISTIC MASSAGE/
ANATOMY & PHYSIOLOGY**

**SPORTS MASSAGE
FEB 2007**



DIET & NUTRITION / AROMATHERAPY

INDIAN HEAD MASSAGE, ONE YEAR COURSE HOLISTIC STUDIES

I.T.E.C College of Beauty

**I.T.E.C BEAUTY
SPECIALIST**



**FACIAL ONLY
CERTIFICATE**

WAXING ONLY CERTIFICATE

**OTHER DIPLOMA COURSES, WORK-
SHOPS, MORNING & EVENING CLASSES**

ITEC Sports Masssage

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, Sat 3rd & Sun 4th February 2007

Advanced Level €200.00, Sunday 18th March 2007

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

18th / 19th Jan or 25th/26th Jan 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 02nd Feb and 09th Feb meetings)**



Reiki 2 Workshop

With Catriona Doyle Reiki Master / Teacher

Next Date to be finalised 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)**

Reiki Circle & Exchange Evening

Next Date to be finalised. 7pm until 9:30pm

All pupils who have trained with us or anyone who has completed a Reiki Workshop, regardless of what level is so welcome. It is a perfect way to get in some practice, have a chat and some fun. **COST €20**

Please Book your place at Reception

WORKSHOPS

Food Mood & Emotion

with Catherine MacBride Saturday 20th Jan 11am - 5pm 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 dependant 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 solutions to make us healthier and happier. €30 Deposit required to secure your place www.catherinemacbride.com

Introduction to Massage

With Laura Hilliard-Brady Sunday 21st January 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

Thai Massage

With Terry Kenny Sunday 28th Jan 2007 10.30am – 5pm Cost: €65

Thai massage has worked wonders for centuries. By pressing, pulling, stretching and manipulating the body you will affect both the joints and the soft tissues, improve flexibility, alleviate pain, increase vitality and offer a pleasurable relaxing experience. Learn to use thai techniques to enhance your massage routine. We will use leaning pressure, stretching, blood stopping and discussing the use of compresses.

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.

www.mildredryan.com

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 more wisdom and confidence in the use of essential oils.

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.

Further enquiries to: Carol Donnelly 087-6849790 OR carol@suiamhneas.com

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 presented in this enlightening day. In General we will be covering :- care for the Elderly, those in Hospitals and Cancer Patients.

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.

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

Lifeskills Consultancy Training Programme

With Paula Hynes & Jacqueline Rynn : *Fri 27th—Mon 30th Apr 07* **Cost : €880**

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

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

Yoga Evening Class (Hatha & Raga)

with Tara Ivory – Russell Tuesday - 09th January 2007

(7pm-8.15pm Beginners) (8.30pm-9.45pm continuous) 8 weeks Cost €145

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)

Healing Angels Class

With Deborah Gorman, IET Master. Starting January 30th (Tuesday Evenings)

7pm – 9pm for 5 weeks (30th Jan, Feb 06th, 13th, 20th, 27th) 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.

Tai Chi

With Eddy Grant Mon 9pm -10pm – Starting 08th Jan 2007 (6weeks) Cost: €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. Morning & Lunchtime Class also available (see 'Morning Classes')

Meditation for Beginners

With Eddy Grant Mon 7pm–8pm & 8pm–9pm (Adv) 08th Jan 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)

Psychic Development & Spiritual Awareness

With Siobhan Redmond Friday Eves 7.30– 9:30pm 6 wk course 19th Jan Cost : €110

Hunches? Intuitions? Shivers? You just know things? Sudden cold/heat? Feeling of presence? These are just some of the real, everyday messages we receive from our sensitivity to the world. We are all psychic. This course offers you the opportunity to explore and develop your own psychic sensitivity. It will also allow you to become more aware of your own spiritual nature. Siobhan is a gifted medium and healer who will help you to discover your inner self and learn more of how we work with these subtle, but powerful, energies in our ordinary, everyday life. The course will take the form of a weekly workshop in a group setting. It will begin with a simple (but often profound) meditation that will encourage you to leave your daily cares at the door and allow you to enter a deep, deep relaxation of mind and body and spirit. Siobhan will then introduce you to various gentle, enjoyable techniques that will reveal to you the subtle power of psychic energy and how sensitive we all are to it. You may be surprised by just how much you pick up!! As you work with your sensitivity you may deepen your own inner spiritual awareness and become more aware of the spiritual world we move in. Overseen by Siobhan, with care and insight, and sharing with like minded people, this course gives you the space to go that little bit deeper, experience your own spirit and send the subtle energies of our universe And its Joy !!

Diet & Nutrition Talk

With Sarah McAvoiy Tuesday 23rd January 2007 7:30pm

General Talk on Diet & Nutrition for Family – small charge will apply.

In the Company of Angels

With Rita Kelly Thursday 25th January 7:30pm – 9:00pm (6 weeks) Cost €140

This is a follow on journey to 'Reclaiming your Inner Light'. Working with your healings angels we will explore, Healing our Heart Chakra, Heart linking, Integrating our Shadow aspects, Releasing old patterns and vows of past and Raising our Vibrations. We will use process of guided meditation, chakra balancing and clearing. Grounding and energy work to deepen your experience and connection with your angels.

Pilates

Tara Marlborough MISCP, Chartered Physiotherapist & Certified Pilates Instructor

Thursday 25th Jan 2007, Ante-Natal (Mums to be) 6pm – 6:50pm Cost €150

Standard Class – 7pm – 8pm Cost €150

The Potential benefits of Pilates during pregnancy include: Helping make your pregnancy comfortable and pain free. Teaching you to Relax. Preparing you for Labour. Increasing and improving body awareness. Helping you get your figure back after the birth. Classes suitable from 16 – 32 weeks (finishing up at 40 weeks) Class limited to 8 participants.

MORNING CLASSES

Baby Massage—Learn how to massage your baby

with Victoria Monkhouse, Certified Infant Massage Instructor

Morning Course 11am – 12:30pm 4 weeks 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. **BUPA and VHI covers part of cost – see your Insurance provider for details**

Tai Chi

with Eddy Grant Thurs Morn 11am–12pm & Lunchtime Class 1pm– 2pm €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 for Beginners

With Eddy Grant Thurs Morn 10am–11am December 14th (6wks) Cost: €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 Evening Classes Section

