

WALMER

NEWS

September 07

NOW ENROLLING ...

I.T.E.C Diploma Courses,

Workshops,

Morning & Evening

Classes

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Teacher Training Course on Angels from the Diana Cooper School

We are living in exciting times and many, many people are experiencing the wonderful light and healing of the Angels, and the transformation it brings to their lives.

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. Angels help people open their hearts to both give and receive more love, and also help people open to their full potential, becoming more aware of the love, joy, abundance and peace which is their true essence.

It is wonderful to be able to share the love and joy of Angels with others, and to guide them to the help and assistance which the Angels offer.

The **Teacher Training Course on Angels** of the **Diana Cooper School** gives people the opportunity to do this. It empowers them with the **knowledge, skills and confidence** to spread the light of the Angels through leading their own groups, workshops or meditations in a professional manner.

The whole course is a journey of expansion and spiritual growth, allowing people to step into their full potential in their own unique ways.

As each person explores and deepens their own connection with the Angels, and opens to the amazing help and guidance they are given, they are inspired and empowered to spread the light of the Angels through teaching others in a way that is most appropriate for them – whether this is through facilitating groups and workshops, or spreading the light among friends and family, in their workplace or community.

The course is mainly experiential with the emphasis being on developing practical teaching skills and enhancing their individual abilities and talents. All that is needed to set up a workshop or group is covered, along with a wide variety of meditations and exercises to use in workshops to help connect people to the Angels.

These are some comments by previous course participants:

'Wonderfully empowering. I am amazed at my own confidence level. I am facilitating workshops now when previous to this course I could not, and would not, have imagined myself speaking about anything in front of a group.'

'This course was really marvellous. Very empowering. I have learnt a lot and made sense of so much that has gone before in my life. But a lot of this was down to the gentle way that our tutor has of drawing out potential and giving support to gain confidence to go out and do the work of spreading the light of Angels.'

'The course has given me healing, insight, and courage to live and spread the light.'

'I completed the course, which delighted me. I learnt so much. I was encouraged quietly and respectfully.'

'I am now really enjoying running angel classes.'

'I went on the course feeling very nervous. I finished

a more confident person. I knew myself better, I felt stronger and I wanted to learn more.'

'This wonderful course totally enabled me to communicate with the Angels and Masters.'

The Teacher Training course is facilitated by Mildred Ryan – Master Teacher of the Diana Cooper School. Mildred also runs Angel Workshops in Walmer. The next Teacher Training Course starts on 19th October, and the next Angel Day – Angel Recipe for Love, Joy and Abundance is on Sunday 16th September. (details in workshop section)

For more information call Mildred on 01-4935035 or visit her website www.mildredryan.com

The Bach Original Flower Remedies—*Bach to School* by Carmel Clarke

They were developed in the 1930's by Dr Edward Bach, a noted doctor, homeopath, bacteriologist and immunologist, who believed that a healthy mind is the key to recovery from ill-health.

Together the 38 remedies help you to manage your emotions, working gently to restore balance and emotional well-being. The Bach™ Flower Remedies have been used successfully for many years throughout the world by medical and complementary health practitioners, as well as by individuals. They are simple to use and safe for all the family.

Now is the time to get ready to start school and return to school. I was listening to the radio the other day and heard a mother speak about her little daughter who was starting school for the first time and how anxious the little one was. I began to think if only I could speak to her about the Bach Flower Remedies and how the remedies would support this little child. One can imagine the feelings – panic, anxiety, shock, fear, change and entering a whole different world for the very first time. The little one may not want to leave you, does not like it and feels unsettled.

Going to school means that the child has to get used to a new set of values, discipline and a new routine. It also means that it is the end of infancy and the beginning of childhood. There is now so much that must be learned, how to talk and communicate with other children, how to share and how to become independent to name just some of the

changes being faced with.

This can be a time of sadness too for the parents/guardians as they face the new beginnings for all concerned.

Here are some of the remedies that can help the child adjust.

Walnut This is the remedy to help the child to settle and

adapt to a new routine and adjust to the new surroundings and all the new people.

Mimulus This is the remedy to help with feeling of being insecure and anxious

Aspen This is the remedy to help with feeling afraid of nothing specific

Rock Rose This is the remedy to help with panicky feelings

Chicory This is the remedy to help if the child does not want to leave you, clings and cries in an attempt to stop you leaving the school

The above remedies are useful too for older children and young adults when going back to school, whether it is primary, secondary or university. These remedies are gentle and safe. There are no side affects and can be taken by all the family, pets and plants too. They work very gently to settle the emotional upheaval and will help to bring a feeling of calmness and peace.

The following was reported in News, herald.am. on Thursday 16th August 2007:

"A rescue remedy for parents

Flower power is a great remedy for temper tantrums among children, according to new research. Flower essence remedies had a "significant" effect on behaviour, the University of Plymouth findings revealed.

Studies found that 73pc of parents of children with moderate to severe temper tantrums experienced some benefit after giving them the Bach Flower essence remedy – with parents reporting 42pc fewer tantrums. There was also 30pc less creaming and 24pc whining"

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.

On 22nd August 1997, I decided to enrol on the Walmer College I.T.E.C. Holistic Massage course. I had an interest in learning massage skills and I decided to take the plunge and go for a recognised qualification. I clearly recall meeting a very bright, friendly and warm, bubbly blonde girl in a red suit (not Miss Santa Claus) namely Laura Hilliard whose enthusiasm was evident and I signed up immediately.

On our introductory day, the Tutors conveyed the course contents to us and I remember the word 'journey' being mentioned a couple of times. It kinda went over my head as I believed I was there purely to learn the strokes and get a massage every week. (How wrong was I?) I developed very special friendships within the class with some of my fellow students who have developed their own successful businesses within the holistic field and continue to grow within this area.

I experienced a high standard of training and support from the girl in the red suit (a tough cookie at the time but she has since mellowed a little). Mind Body connection was mentioned throughout the course by my other special Tutors Rita Kelly and Mary Rice (2 very special ladies - Earth Mothers). I read all the books on the suggested reading list in order to dabble with the holistic approach to living and to humour my Tutors.

The penny finally dropped and all the information began to click with me or I began to gel with it. To clarify, this course changed my life. It led me to people and places who have touched my life in a very bright and positive and empowering way. The opportunities that presented themselves with the encouragement of my Walmer peers have been absolutely wonderful and successful.

Success for me is about taking the time to excavate our authentic selves and find out what makes us tick or fulfils us. I believe every event we experience and every person we meet has been put in our path intentionally to help raise our level of consciousness and the people I have met over the last 10 years have all been a huge part of what I believe is a spiritual adventure which is an ongoing experience.

I have achieved through time, study, work, support and opportunity a career in teaching and more recently motivating and advising students or graduates how to reach their own potential in a practical way.

Geraldine Nolan is a Holistic Massage Tutor, Unit 22 Professional Conduct, Client Handling and Business awareness Specialist offering individual sessions to students or graduates who seek support/Motivation throughout the study process or need career guidance to take that step in a positive direction.

For further information please contact : Geraldine on 087-7792006

The Energy Psychology

"Re-Wiring" Our Inner World

Energy Psychology is the name for a group of techniques that have been clinically shown to help with a wide range of psychological problems. These tools and techniques can be used by individuals to help take care of them. They are primarily used for emotional issues but can also be used for physical health maintenance, pain management, sports and peak performance and in education to improve learning.

How does it work? There are three systems that work together in Energy Psychology:

1. The Energy Pathways - meridians and related acupoints.
2. The Energy Centres - known as Chakras.
3. The Human Bio field - the systems of energy that surround the body, sometimes referred to as the Aura.

What does it address? Energy Psychology can help alleviate: **Physical sensations of distress** such as tense muscles, racing heart, lumps in the throat or sensations in the pit of the stomach.

Disturbed thoughts can be neutralised. **Negative emotions** such as fear, panic, anger, helplessness, confusion etc. can be replaced with inner peace.

Unhelpful behavioural tendencies such as flight or fight or freeze responses, can be corrected. All of these can be achieved by using the natural resources of the body's energetic system.

What procedures, approaches and treatments are used? Energy Psychology consists of meridian based treatments for rapid resolution of worries, fears, phobias, anxieties, painful memories, grief, traumatic experiences, stress, burnout, exhaustion, anger, irritability, moodiness, sadness, depression, insecurity, low self-worth, relationship difficulties, performance issues, limiting beliefs and many more.

There are many treatment approaches, the most commonly known include Emotional Freedom Techniques (EFT), Eye Movement Desensitisation and Reprocessing (EMDR), Focusing, Thought Field Therapy - Callahan Techniques (TFT), Be Set Free Fast (BSFF), Tapas Acupressure Technique (TAT), Heartmath, Releasing Technique (RT), Energy Psychology, Emo Trance, Energy cone Technique, Behavioural Therapy and more.

Why Use the Energy System for Psychological Healing and Growth? Traditional psychotherapy has utilised the power of speech to transform emotions. Through

talking about one's feelings, experiences and struggles, one is often able to come to a better understanding of oneself, develop new ways of viewing things and begin to consider new alternatives. Discussion alone does not always have the power to significantly change one's innermost world. These techniques all appear strange but are based on solid scientific principals so empowering that an international non profit organisation, 'The Association For Comprehensive Energy Psychology' has been set up to promote responsible energy psychology treatments and collaboration among practitioners, researchers and licensing bodies. www.energypsych.org

After correcting problems energetically, clients report common experiences. They report positive experiences such as: "It doesn't bother me anymore ~ I can't feel it", "It happened, it's over, and no longer resulting in how I used to feel", "I feel calm and relaxed ~ it's gone~ I feel lighter now", "I see it, but it no longer has that emotional pull on me", "It's ok I can let him/ her go now and move on", "I'm not afraid anymore ~it's no longer an issue", "It does not matter how long you have had a problem the techniques work." Change often happens within only minutes of treatment, and yet the inner transformation is often profound and enduring.

These methods have a reputation for being easily learned and applied by just about everyone. The techniques are completely safe and have no known side effects. They can be used on both adults and children of any age.

"Energy psychology works too well to be ignored". There are simply too many experienced psychologists around the world who have found out for themselves that energy psychology is absolutely real and that it works. It opens up whole new areas of enquiry and possibility that were not there before.

Because Energy Psychology is powerful and can cause deep emotional release and restructuring, it is best employed by trained and licensed professionals. Many Energy Psychotherapies can also be used as self-help tools. If you intend to do deep work on yourself, or have more complex or serious problems, it is advisable to select a practitioner trained in Energy Psychotherapies to assist and guide you."

Aisling & Ray of Accomplish Change Clinic are offering courses in Energy Psychology in the upcoming months: EFT Level 1 (September 22 2007) Walmer College and Level 2 Certification training of Meridian Energy Therapies (October 6 & 7 2007). TAT (November 10 & 11 2007).Walmer College.

If you are interested in training in some of these modalities or have an issue you would like help with you can contact Ray Manning or Aisling Killoran who are Certified Licensed Professionals in Energy Psychology on 01-2986507 M: 087-1352122

www.accomplishchange.com

Your Amazing Brain!

By Eddy Grant

You, as a human being, have the most amazing brain of all life on the planet. You have a million, million brain cells, capable of remembering every smell, sound, taste, touch, feeling and insight, you have ever experienced. Every time you think of, or experience something, a connection is made between your brain cells.

In fact the possible number of connections that can be made between all your brain cells, is a number so great, that if it was written in normal type as 1 followed by zeros. It would stretch around the earth several times before it was fully written.

And yet even though we have such a huge and sophisticated brain, we only use less than 10% of its ability.

One function of our brain that we find giving us stress and problems to deal with, is our memory. Whether it's forgetting names and faces, phone numbers, things that we were supposed to do, or places we were supposed to go. We find our memory constantly lets us down.

But is this true? Is our memory getting worse as we get older?

Simply put, the answer to both questions is NO!

Your memory is almost perfect. It remembers everything. The only problem is that you aren't always able to access those memories.

When we were in school, we weren't really taught how to use our memory. Generally we were given things to learn and told to go over them again and again until we remembered them. But nobody told us the best way to learn things. Or a way to study that would guarantee success in any exam. Why?

Because they didn't know themselves. They were simply teaching us, the same way they had been taught.

But now, with all the research that has been carried out into the brain and how memory works. Techniques have been developed that harness the natural way the brain learns and remembers. These techniques give us the keys to unlock and access all the memories, insights, creativity, problem solving abilities, and confidence, to use our memory efficiently and effectively. Whether you simply want to remember people's names and phone numbers, or ace any exam. These techniques will enable you to achieve your goals.

In fact, by practicing the memory techniques, you will improve every function of your brain and your body. You will be more confident, more creative, more co-ordinated, and more balanced in your life, than ever before.

No more awkward moments of forgetting someone's name. No more going blank, before a presentation or an exam. Bring order to your mind and you bring order to your life! Now, what about that second question?

It is a complete myth, that your memory gets worse as you get older. Your memory only gets worse, when you don't use it. Just like a muscle, your memory requires exercise to be healthy and function efficiently.

Learning the memory techniques taught in the Super Memory classes, will give you simple and effective ways to strengthen and improve your memory. To whatever level you desire. Do you want a perfect memory? You've already got one. Now get the keys and drive it wherever you want to go!

SUPER MEMORY CLASS Starting 14th Sept – see Evening class section

The Beauty and Magic of the Colour Orange and Orange Crystals

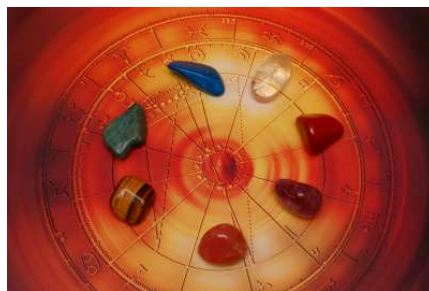
Michelle Burke Delaney

Orange is the colour of Joy and Delight. A person who is rich in orange is happy, outgoing and fun loving. But underneath this light exterior, there is a deeper side to the orange soul. Orange is the colour of the saffron robes of Buddhism and signifies deep insight and profound understanding of simply being happy and easy going in the present.

Orange is an equal mixture of red and yellow, therefore combining the energising qualities of red and the focusing qualities of yellow (more yellow next month).



Orange is deeply associated with creativity and artistic skills and has its affinity with the sacral chakra. You can use Orange crystals to remove any blocks in the creative process as well as boost your emotional strength and sensuality.



Meditate with AMBER, FIRE OPAL, ORANGE CALCITE or ORANGE FLOURITE or CARNELIAM for creative inspiration, to promote vitality and help release blocked energies.

These crystals can be placed on the body during pregnancy to adjust to the physical emotional and hormonal changes during pregnancy. They keep your energy flowing and help balance the emotional ups and downs.

THE ENERGY BOOST

Orange is a very important colour for the human body. It is the colour or the vibration of the Sacral Chakra, the 2nd energy centre located at the navel. The Sacral is linked to the Etheric Body and is the centre of the body's sexuality- Fruit like oranges that are juicy and full of pips have been tokens of fertility and in many countries oranges are given to young couples on the occasion of marriage. The orange blossom of bridal wreaths was also originally a fertility symbol

WARM & NOURISHING

Food itself is a rich source of Orange Energy and beta-carotene is known to combat the damaging effects of free radicals. There is a large number of orange foods to choose from :- Oranges themselves, satsumas, papayas, orange fleshed melons, mangos, peaches, apricots, pumpkins, carrots and orange peppers.

Many herbs and spices have an orange energy :- caraway, ginger, marjoram and nutmeg.



If you are interested in Colour and Crystals, Michelle is running a 6 week course starting 14th September. This will be an interesting 6 weeks of fun and exploration.

All are welcome.

Full details can be found in the evening classes section.

To book your place, please call Walmer at 8329645 / 8329648

SUZIES STARS

August was a difficult month for many. There were a lot of new energies arriving and this in turn had a huge affect. I am delighted to say things will calm down considerably in September. We will have the strength to control our own inner demons, to deal with our emotional issues in a grounded way and to start to focus on the outer body – through exercise and outdoor pursuits. September is all about learning to love ourselves and to enhance our own natural attractiveness. So go out and pamper yourself – you deserve it.



Virgo – Aug 24 – Sept 23 Happy Birthday to all Virgo's. September is an important month for you,. It is a time of new opportunities and great change. If something is not working, accept it and try something else. It is all about love this month. Do you love yourself enough to make that all important change? If you are not sure; the answer you are seeking is love.

Libra – Sept 24 – Oct 23 September is an exciting month for Libra. An opportunity this month will come your way to move location. Can you break through your fear to take this step? Don't allow others negativity deter you. Help is at hand in the vise of a fun , good looking chatty fire sign!!!!

Scorpio – Oct 24 – Nov 22 September is all about you Scorpio. This is your chance to take some time out to resolve issues and heal. Treat yourself to a spa break or detoxification. Remember, your parents care and love (or loved) you as much as they can or could. Scorpios have the real chance this month to be at one with themselves. To truly be the mystical, creative and passionate person you know you really are.

Sagittarius Nov 23 – Dec 21 Feeling safe and protected is very important to Sagittarius this month. You must trust in your own decisions and self. Don't force any issues. If you are feeling uncertain or extra fragile this month, then take the time out to ask for a sign, relax and sleep on in and in the morning you will feel much better prepared to forge your future. Sweet Dreams!

Capricorn Dec 22 – Jan 20 It is vital this month that Capricorn think happy thoughts. Do not allow yourself to be dragged back to sad past memories and feelings. Leave the past were it is as there is so much more for you in the present, right here, right now. Take up a dance class or group activity and think about something wonderful that makes you smile.

Aquarius – Jan 21 – Feb 19 This is a busy month for Aquarius. It is important to honor your true feelings and trust your self more. Use your gut instinct. Some travel is indicated this month plus an opportunity to go out and enjoy yourself. Remember to be thankful and grateful for the special people and things in your life right now.

Pisces – Feb 20 – Mar 20 September is all about love, commitment and partnership for romantic Pisceans. It is also about creative expression, anything artistic or creative will allow your heart sing with joy – let go of all goals and judgments and know that what you are seeking is love. This month enables you to find it.

Aries – Mar 21 – Apr 20 September finally sees Arians letting go of stress. Don't take on others worries or responsibilities. Breathe it out now. Music becomes much more important to you. Play it, listen to it, compose or dance to it. Be inspired to take time out for you and above all relax.

Taurus – Apr 21 – May 21 September is all about harmony for Taurus. Family irritations or difficulties are now starting to heal. A celebration and spending some good quality time with your friends this September enables you to have the patience to allow the blessings come to you.

Gemini – May 22 – June 22 September sees Gemini's taking some time out from daily activities. You will have more energy and happiness by doing physical exercise such as running, walking or swimming. September also sees that problem you have been worrying about resolved as heaven steps in to help you. So take a step back and embrace the wonderful joyous times to come.

Cancer – June 23 – Jul 23 September sees some changes for Cancerian's. It is futile trying to resist, you will soon see that this is for the best. Don't be afraid to stand your ground, to stick up for yourself and express how you feel. This will give you great peace of mind as well as a huge sense of relief.

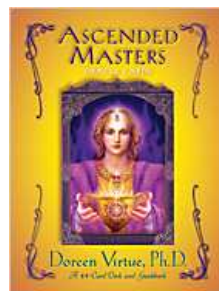
Leo – Jul 24 – Aug 23 What a great month September is for lucky Leos. It is filled with happy surprises, lots of laughter and a sense of achievement and pride. Remember when you laugh, you relax and when you relax, you are more creative and energetic. So make time to play as something good is about to happen! Are you ready?

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



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.



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

Walmer College & Holistic Centre



I.T.E.C Diploma Courses—Now enrolling !!!!!

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(Raheny, Dublin & Julianstown, Co. Meath)**

I.T.E.C Indian Head Massage

I.T.E.C Beauty Specialist

I.T.E.C Aromatherapy

I.T.E.C Diet & Nutrition

I.T.E.C Sports Massage

Reflexology

Coming in Feb 2008

I T.E.C On Site Massage

I.T.E.C Stone Therapy Massage

I.T.E.C Diploma in Lecturing

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

Follow Up meetings

Reiki Student Support & Exchange 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

Systematic Kinesiology

Beginners course
Course Tutor: Elma Murphy

Four weekend course starting November - March. Wonderful opportunity for practitioners and non-practitioners alike. Fun filled classes. Emotional stress relief, food testing, learn how to muscle test and balance the body naturally. Feel great! Diploma also available at Walmer - starts June 2008.

Contact Siobhan Guthrie on 087 271 9863 or visit: www.kinesiology.ie for dates and a free information pack.

WORKSHOPS

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 Therpists. Deposit €30

Introduction to Massage

With Laura Hilliard-Brady Next Date TBC 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 simplic-

ity. 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.

Exploring Energy Flow and Universal Laws

1 day workshop with Carmel Robb

Topics will include:

The Law of Cause and effect

The Law of Rhythm (Divine Timing)

The Law of Grace

The Law of Karma

The Vibrational Essence of NOW

During this workshop participants will experience where their energy may not be in flow. Using simple techniques and affirmations coming from a place of deep understanding of themselves they can initiate personal healing in their life. When a person clearly sees and understands their own energy position..... they have a choice..... they may then wish to take action which will result in change and growth. Life is to be enjoyed and experienced for the Higher Good. This is possible for everyone and having a basic understanding of universal law can greatly help this process.

Dates: Sunday 7th October 2007 10am - 5pm

Venue: Walmer College & Holistic Centre, River House, Raheny

Course Fee: €100

To Book Contact Walmer on 01 8329645 / 01 8329648 or email: consciousness@carmelrobb.com

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–9:15pm Starting 17th Sept (8weeks) **Cost: €130**

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 (8wks) **€90** 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

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.

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.

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

