

# Walmer News



It happens only once in a blue moon.

What happens?

A month containing two full moons, the second of which is commonly referred to as a “blue moon,” occurs only about every 32 months.

The aphorism “once in a blue moon” is used to denote an occurrence that happens only very rarely. Two full moons in a month are rather rare, considering that over a two-and-a-half-year period there are generally 31 full moons. Only one of them is a blue moon.

There is something about the moon that calls me.

Many of us find comfort and familiarity with the moon. We like that the moon changes as it reminds us that the world is not stagnant. We are not stagnant. Change and movement, rotation and revolution are always possible.

The moonlight can illuminate romance, beauty, intrigue or mystery. The moon can lead us home. It serves as a beacon of light within a swirl of night-blue sky. It becomes a focal point in the darkness.

The gravitational tugs of the moon push and pull the tides of our oceans as well as our own deep waters. Symbolically speaking, the moon is all about the Divine Feminine. It speaks to the silvery energies of receiving, holding, maintaining and birthing. This month we are blessed with a second full moon, which is also known as a blue moon. Yes, Blue moons are a rarity but all moonlight is magical. Many a wondrous thing can happen under its canopy.

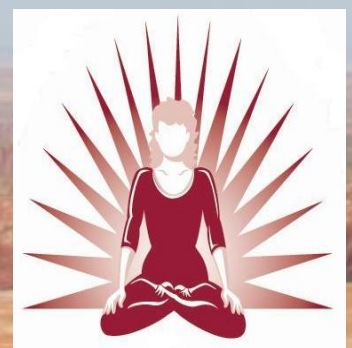
Enjoy the Full Moons this month!

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

**Walmer Clinic** offers a full range of Complementary Therapies to suit all. Pick up a Clinic Leaflet today or visit [www.walmer.ie](http://www.walmer.ie)



## Bach Original Flower Remedies. When being perfect can be too much. *By Carmel Clarke BFRP*

Dr. Edward Bach discovered a system of healing called the Bach Flower Remedies. When working with his medical practice he became aware that mental



health and emotional states has a part to play to keep the body healthy. He gave up his medical practice and went in search through the countryside of England and Wales to find the support he was looking for from the herbs, plants and trees of the

countryside. He found 38 remedies, 37 are from herbs, plants and trees and one remedy is from a fresh water spring.

### This remedy is **Rock Water**

It is the remedy for people who take self-repression and self-denial to extremes. They are very wrapped up in themselves, seeking always to perfect themselves in some way and setting themselves targets and being very unkind to themselves if they fail to live according to their own rules. If they seek to influence others it is not directly but by example only.



The Rock Water remedy does not stop people from having high ideals or from trying to meet them. But it does help ease the excesses of the Rock Water personality, so that people like this can show more flexibility when it is necessary and are not so hard on themselves.

Dr. Bach's description—Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything, which they believe will keep them so. They hope to be examples, which will appeal to others who may then follow their ideas and be better as a result.

This remedy comes from a Mineral Spring, which Dr. Bach found in Wales in 1933

Carmel Clarke can be contacted at 01 8672076 for private consultations. Carmel is recognised by The Bach Centre as a trainer of Level 1 of the Bach Flower Remedy Practitioner Course. This course will take place on the 30<sup>th</sup> June 1<sup>st</sup> July. See the workshop section at the back of the newsletter for more details.

## Natural Facial for Massage Therapists.

*By Mary Dalglish*

It is now widely recognised that our skin absorbs many of the ingredients included in cosmetics. On one hand this is good, because it means our skin can be nourished with some wonderful natural ingredients but on the other hand the news is bad, because many skin care products contain harmful chemical ingredients we would never be allowed to take orally, but are still absorbed into the blood stream through our skin. It is estimated that the average woman applies 175 different chemicals to her body in the form of cosmetics every day and will eat two pounds of lipstick in her lifetime! The majority of these products contain a mind-boggling cocktail of industrially produced synthetic chemicals, which can cause a range of conditions from skin allergies to more serious medical conditions.

The word 'cosmetic' is derived from the Greek word, 'cosmos'. A dictionary definition of 'cosmos' is 'the world or universe as an embodiment of order and harmony, as distinguished from chaos....' while 'chaos' is described as 'a state of extreme confusion and disorder'. Ancients cultures such as Greeks and Egyptians (e.g. Cleopatra), considered that to be physically beautiful was to be in harmony with the universe and to be in harmony with nature; so they used natural substances on the body to re-enforce the cosmos within. Nowadays the demand for natural cosmetics is increasing as many of us realise that synthetic substances really can create 'chaos' within.



In response to a demand from clients as well as from therapists, a new one-day

course in Natural Facials has been designed by Hands on Training, a network of experienced tutors offering courses in the UK, Ireland, France, Dubai and Bahrain (see [www.hands-on-training.net](http://www.hands-on-training.net)). This course is recognised by the CThA and the Complementary Medical Association (CMA) and counts for 5 CPD points. It is designed specially for massage therapists who wish to extend their skills and learn a facial treatment using natural products.

The Natural Facial consists of cleansing, toning, applying a warm compress and face mask, and massaging the face and neck with oils suited to particular skin

types. It can be used as a treatment in its own right or as an add-on to another treatment. A Natural Facial treatment will leave your clients with a vibrant, radiant appearance. On this course you will discover and learn:

- How to assess skin types
- Carrier oils and aromatic waters - what they are, how to use them
- Characteristics of 10 carrier oils suitable for facial treatments
- Characteristics of 5 aromatic waters for toning various skin types
- Benefits, Contraindications, Client consultations
- How to make natural face masks, eye treatments and a cleanser
- How to cleanse, tone, apply a warm compress and a natural face pack

How to massage the face with suitable oils

Mary Dalglish will be running one-day CThA approved Natural Facial courses in Walmer College on August 31<sup>st</sup> and again on September 1<sup>st</sup>. For further information and an application form, please contact Mary Dalglish directly on 0044 2088749047 or via [www.head2toemassage.co.uk](http://www.head2toemassage.co.uk) Course numbers are limited to 8. The course fee of 165 Euros includes a treatment kit (products + accessories)

**Walmer Clinic**  
offers a full range  
of Complementary  
Therapies to suit  
all. Pick up a Clinic  
Leaflet today or  
visit [www.walmer.ie](http://www.walmer.ie)

## Archangel Chamuel and the Angels of Love. *By Mildred Ryan*

*Invite the Angels of Love into your life.*

Archangel Chamuel oversees the Angels of Love. He will help you increase the love in your life, and your ability both to give and receive love. He will help dissolve any sadness, pain or grief in your heart, and will put you in touch with the Love and Joy held there.

*(Start by finding a quiet and comfortable place in your home, put on some relaxing music and light a candle). Then ask Archangel Chamuel and the Angels of Love to surround you with their Love and Light. Feel the soft glow of love all around you as you are nurtured with unconditional love. Visualise yourself being held in a soft and warm pink baby's blanket.*



Feel the warmth, comfort and safety as you are held in the arms of the Angels of Love. Allow your thoughts to be peaceful, and allow your worries and concerns to drop away as they are transformed by the Light of Love.

It helps to deepen your feelings of love if you bring to mind someone you love deeply and unconditionally, perhaps your child, partner or a pet. Put your hands over your heart area and hold that person in your heart for a few moments. Allow the feeling of love to flow through your heart.

Now bring your awareness back to yourself again as you are totally held, appreciated and loved by the Angels, and allow this feeling to flow through you.

Spend a few more minutes bathing in the Light of Love. Now visualise your day ahead, as you allow your Loving energies to shine on the people and situations you will encounter today. See how everyone and everything is transformed by your loving presence.

*Invite the Angels of Love to continue to be with you to guide your day.*

(The next Angel Day is on Sunday 17 June – working with gentle exercises and meditations, relaxing in the company of the Angels, as they gently and lovingly guide us to create more Love, Joy and Abundance in our lives.)



**Relax!**  
**Breathe!**  
**Smile!**

The School of Radiant Chi promotes vitality and wellbeing, through learning to balance and raise your energy vibration and align yourself with the universal energy flow.

Its classes provide a space where you can experience and explore your energy in a relaxed atmosphere, at your own pace.

Through the graceful art of tai chi chi kung you will learn to relax body, mind and spirit, and become comfortable in your physical movements. Attaining a lightness and gracefulness in moving with the flow of your life.

Through the relaxing art of meditation you will learn to balance mind and emotions and attain harmony within. You will learn the Inner Smile meditation to heal and nurture the vital organs and balance the systems of the body.

Eddy Grant has been studying and practicing meditation and tai chi for over 12 years. He has trained in traditional tai chi, martial arts, and infinite tai chi, and continues his personal study of the Taoist arts, in the U.K..

Eddy is also a holistic therapist with qualifications in Massage, Reiki and Integrated Energy Therapy, and is currently training in the Taoist healing arts. He has been developing his teaching style for the last 6 years, integrating his experiences in various aspects on energy work, and has founded the School of Radiant Chi in order to share his experience of the wonders of energy with the world.

***By simply being,***

***Things get done.***

***Get things done,***

***By letting them happen.***

***Struggling all the time,***

***Gets you nowhere.***

**Lao Tzu**

## CRANIOSACRAL THERAPY

Comprehensive Therapy Program,  
Oakwood Retreat Center Selma, Indiana  
October 11-15, 2007.

The program is run for people who wish to take time out to make a breakthrough in a particular illness or situation.

It will run from 9:00 to 4:00 for five days and will include 9 clients.

We are planning 10 primary therapists, 18 or more support therapists, and additional adjunctive therapists.

Our basis is always in CranoSacral therapy, though we integrate many other modalities.

Clients in the comprehensive program will receive treatment by multiple therapists.

CranoSacral Therapy

Aquatic Therapy

SomatoEmotional Release

Equine facilitated Therapy

Massage Therapy

Joint Mobilization

Visceral manipulation

Zero Balancing

Lymphatic Drainage

Process Acupressure

Acupuncture

Hypnotherapy

Sensory Integration

Music Therapy

Daily Group Discussion each morning for all clients and therapists

For more information please contact me.

Ger Nolan,  
Advanced CranoSacral Therapist

[www.upledger.com](http://www.upledger.com)

American CranoSacral Therapy Association. International Association of CranoSacral Therapists. Walmer Holistic Centre 8329645 or 086 818 7249

## Is your skin ready for Summer?

### Exotic Lime & Ginger Salt Glow



Whether you will be basking in glorious sunshine or applying a self-tanning lotion the secret to achieving an even tan is to exfoliate & moisturise.

This Exotic Lime & Ginger Salt Glow treatment is an exfoliation ritual to invigorate & revitalise the entire body.

It begins with a warm aromatic compress on your feet & stimulating reflexology pressure points for complete relaxation.

A natural cactus bristle body brush is used to eliminate dead skin cells increase circulation & help the body's natural detoxification process.



Before the sublime Lime & Ginger Salt Glow is applied warmed Japanese Camellia Oil, ideal for preventing stretch marks, is dripped luxuriously over the whole body.

Next are the key ingredients – invigorating ginger, which stimulates the metabolism & tones the body, Lime Peel to cleanse & purify the skin & Sea Salt to exfoliate & re-mineralise, helping the skin to regain its health & softness. The face is gently cleansed & exfoliated using warm mitts & aromatherapy oils, leaving the skin glowing & vibrant.

Finally the whole body is covered with silky Exotic Island Body Balm, while its moisturising extracts of Pot Marigold & soothing St. Johns Wort envelop & soften the skin, the Oat milk base restructures & nourishes. Jasmine, Ylang Ylang, Osmanthus and Vanilla unite to create a mystical aroma that delicately scents the skin.

This treatment is ideal to leave your skin feeling deeply cleansed, polished & softened to perfection.

**Cost: €65.00**

\*\*\* Summer Special Offer\*\*\*

Exotic Lime & Ginger Salt Glow Treatment

AND

Taster Facial **€85.00** (usually €105)

To make an appointment please contact Walmer Holistic Centre on 01 - 8329645 or call/ text Lisa Caslin on 087 4172110

## Sinus Problems / Sinusitis

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

### What is it?

Sinusitis is inflammation of the air cavities within the passages of the nose (Para nasal sinuses). It is a very common condition that can affect people regularly throughout their lives. Symptoms can include facial pain or pressure, blocked or runny nose, post nasal drip or phlegm in the throat, muzzy, cotton wool feeling in the head. It commonly occurs when environmental pollens irritate the nasal passages for example with hay fever. Other irritants or allergens can also trigger sinus problems such as dust mite, animal dander, food intolerances, aerosol sprays, perfumes, paints, etc., Sinusitis can also be caused by infection, fungal, viral or bacterial.

### How Does Chinese Medicine View Sinus Problems?

Traditional Chinese Medicine sees sinusitis as invasion of, Wind-Heat or Damp Heat, Deficiency of Spleen or Lung Qi (energy). Chinese Herbs may be used to expel or purge Heat, Wind or Dampness. Usually these herbs will cause mucus to drain from the sinus and relieve pressure. Herbal tonics for the Lung and Spleen Qi or energy may also be used. In recurring sinusitis the aggravating allergen should ideally be removed.

### What Can Aggravate Sinus Problems?

Chinese Medicine believes that the Spleen does not like dampness and what have we in Ireland but a VERY damp climate. Thus sinus problems are very common in Ireland. Sinus problems relating to Spleen Qi Deficiency or invasion of dampness are usually worse in October/November or March/April seasons due to the fact that they are usually very damp months with lots of rain. Humid days in the summer will also aggravate sinuses or equally travelling to humid countries.

Flying will affect the sinuses. Pressure changes will affect the sinuses and can cause painful episodes in some cases. It is vitally important to look at diet also. Intolerance to certain foods will encourage the production of mucus. Diet can reduce the amount of mucus in the sinus.

A Zinc Deficiency can also cause problems in the mucus membranes in the respiratory tract.

Exposure to air borne allergies such as dust mite, pollens, moulds, perfumes, aerosols, chemicals, animal dander, feathers, etc., I would strongly recommend an Allergy/Vega Test to identify trigger factors, to correct the diet to account for any vitamin or mineral deficiencies. Appointments for testing and consultations may be made at the Walmer Clinic

## Hay Fever / Allergic Rhinitis

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

### What is it?

Symptoms include itchy, puffy, watery eyes, sneezing and red, stuffy nose. It is an allergic reaction. It is caused by allergens entering your body via inhalation or swallowing. It is usually seasonal but can be all year round if the allergens stay throughout the year. It is your immune system's response to allergens in the air around you. Hay Fever can be triggered by many allergens such as dust mite, moulds, pollens, animal dander, chemicals, aerosols and many more. It affects both men and women equally. It is most common in Spring and Summer. It can be quite debilitating when it is severe and can make life quite miserable. It is particularly uncomfortable for students trying to sit exams and concentrate.

The following are risk factors for hay fever:

Family history of hay fever

Having other allergic conditions such as eczema or asthma

Repeated exposure to the allergen

Nasal Polyps

Pregnancy may aggravate hay fever

### How does Chinese Medicine View Hay Fever?

Traditional Chinese Medicine sees this as invasion of Wind-Cold in the meridians or channels. It is also seen as a weakness in Wei Qi (this is the body's defensive energy). There may also be Lung Qi Deficiency (the energy that controls the body's respiratory system). The symptoms at this stage are clear mucus or discharge. If left untreated it may progress to yellow or green mucus and this is invasion of Wind-Heat. The principal of treatment would be dispel or purge wind-cold or wind-heat and boost Wei Qi and Lung Qi. This can be done using Chinese herbs.

### What Can You Do About It?

There is no need to suffer in silence. The first port of call should be to identify exactly what allergens are causing the problem and then to exclude them as much as possible. An Allergy/Vega Test will identify most allergens. It will also identify any vitamin and mineral deficiencies, which may exasperate the problem. For example if you are lacking in Zinc it can affect the mucus membranes and lining of the nose. It may also result in decline in sense of taste and smell. Diet can also assist by ensuring it provides all the vitamins and minerals necessary to support your immune system.

# SUZIES STARS

June finds us all very busy in our lives, this is certainly a month of change and although change can be difficult, this is change for the better. A month of great ideas, you find yourself literally inspired to go and do that thing which you have been putting off. Is it that course you never have the time to take? Is it a great business opportunity? Is it having the courage to approach that person who makes your heart flutter? What ever it is, June is the month to take that step and move forward – Bon Voyage!



## Gemini – May 22 – June 22

Glowing Gemini – To the June Gemini's - Happy Birthday!! June finds you feeling good about yourself; things are going very well for you. Music is especially important now, so go to a concert, club or just blow the dust off the piano and away you go!! June also finds you dealing with those hidden emotions so pay attention to how you are really feeling, don't be afraid as now is a good time to deal with this plus this month sees you very much surrounded by angels.

## Cancer – June 23 – Jul 23

Colorful Cancerian's – Have you felt out of sorts or a bit lost lately? June changes all this, things start to come together for you. What was missing is now found. What ever it is that you have really wanted, you now find that your prayers are answered. It is a very happy month filled with lots of joy and laughter. For those born in June – Happy Birthday! Go out and celebrate and mark the occasion!

## Leo – Jul 24 – Aug 23

Luminous Leo – June is all about love for lucky Leos. You rediscover your inner power, you now feel strong enough to face your inner doubts and demons and take back control of your life. What is it that you really love to do? Who is it that you truly love? June finds you willing and ready to find out!!!

## Virgo – Aug 24 – Sept 23

VIP Virgo – June finds the 'true you' slowly emerging. You are now allowing your heart to open and trust again in a very gentle way. June sees you gaining great comfort and joy from animals, whether it is from a much loved pet or perhaps seeing a wild animal in their natural habitat. Say a little prayer to St. Francis of Assisi this month and step back and watch the results!!

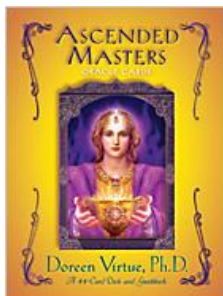
## Libra – Sept 24 – Oct 23

Light hearted Libra – Why are you feeling so sad? Stop thinking about the past and look at you in the here and now. If you need to forgive yourself or the past situation do so now. You have so much going for you. What you need to do this month is bring back the fun and find the time to discover your playful self. When you have fun and laugh you relax and June finally sees you doing just that.

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.



## Scorpio – Oct 24 – Nov 22

Spiritual Scorpio – June finds Scorpions setting a goal with love and then achieving it. So what do you really expect or want to happen? The answer involves emotion, so pay closer attention to your emotions this month. How do you really feel about a certain situation? It is safe for you to admit your emotions to yourself. June sees you happily completing the future.

## Sagittarius Nov 23 – Dec 21

Sixth sense Sagittarians – June sees you looking deeper, beyond the surface of a certain situation. This may require you to meditate or seek further advice. The good news is you are now strong enough to do this. Great healing comes your way this month and you find yourself very much looking forward to the future

## Capricorn Dec 22 – Jan 20

Congratulations Capricorn – This month sees you moving on, whether it is to a wonderful new home or moving forward in your life. You are jumping with joy as what you have been waiting for starts to manifest. Don't allow others or situations to block your way just move around them and most of all enjoy the experience!

## Aquarius – Jan 21 – Feb 19

Accomplished Aquarians – June sees miracles all around Aquarians this month. Just be open to it, state your intentions and step back and watch it happen. You find yourself in a good place now and for the first time in a while are relaxing into your new way of life and smiling without fear about the future.

## Pisces – Feb 20 – Mar 20

Private Piscean – June sees you looking to the future with the hint of a plan! This may require you to meditate more than usual and focus on what you want. It is important that you alter your diet and eat more healthfully – this will give you more energy and direction. Archangel Raphael is especially around you this month.

## Aries – Mar 21 – Apr 20

Adventurous Aries – June sees Arians listening intently to others and then very much speaking your own truth. Give any fears or worries about others reactions up to God or your angels. You have integrity and strength this month and this sees you breaking free of any past issues or barriers that have been in your way. Nothing can stop you now.

## Taurus – Apr 21 – May 21

Trendy Taurus – June sees more balance in your life. Your mother/mother figure or Mother Mary becomes more important to you this month. If you find yourself feeling fed up or bored, you need to look at the bigger picture. No, this is not all there is, there is so much more, you just need to open your eyes and see!

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



**Walmer Clinic offers a full range of Complementary Therapies to suit everyone. Pick up a Clinic Leaflet today or visit [www.walmer.ie](http://www.walmer.ie)**



# I.T.E.C College of Complementary Therapies

Internationally Recognised Diploma Courses

**\*\*\* OPEN DAY \*\*\***

**July 29th 2pm–6pm**

An ideal opportunity to visit the College and speak to Tutors about our Diploma Courses or view other Workshops and Classes available at Walmer.

June / July 07 Indian Head Massage Mullingar Course

Sept 07: One Year Course Holistic Studies,  
Holistic Massage / Anatomy & Physiology (Mullingar & Dublin)  
Reflexology,  
Indian Head Massage

Oct 07: Aromatherapy, Diet & Nutrition  
Sports Massage—October 2007

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

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

Comprehensive 2 week course 10am – 5pm each day

## I.T.E.C College of Beauty Therapy



Internationally Recognised Diploma Courses

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

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

**Other Diploma Courses, Workshops, Morning & Evening classes**

## OTHER DIPLOMA COURSES

### Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher  
Next Date: TBC 10:30am- 6pm

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

### Reiki 2 Workshop

With Catriona Doyle Reiki Master/Teacher  
Next Date: TBC 10 :30am - 6pm

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

### Reiki 3—The Master Level

With Catriona Doyle Reiki Master /Teacher  
September 06th & 07th 10:30am– 6pm  
€450

At this Reiki 3 workshop you will 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 17th & 24th Sept.

## Reiki Student Support & Exchange Evening

Next Date TBC 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](http://www.mildredryan.com)

## Touch for Health Kinesiology—Next Date TBC

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 Spain 086 823 7714  
[www.harmonyholistics.com](http://www.harmonyholistics.com)

## WORKSHOPS

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

**Maeve Murran, Next Date TBC Cost: €90**

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

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

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

### Golden Atlantis Weekend

With Mildred Ryan, Angel, Ascension and Golden Atlantis Teacher of the Diana Cooper School (9<sup>th</sup> - 10<sup>th</sup> June) 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 5<sup>th</sup> 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](mailto:mildred@mildredryan.com) or visit website [www.mildredryan.com](http://www.mildredryan.com)

### Angel Recipe for love, Joy and Abundance

With Mildred Ryan, Angel and Ascension Teacher of the Diana Cooper School, Sunday 17 June, 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.

### Emotional Freedom Technique

Level 1—1 Day workshop **Cost €135** Registration Saturday 23<sup>rd</sup> June : 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](http://www.accomplishchange.com)

**Wisdom Writing** Workshops with Alison Barker, Affiliate of Amherst Writers & Artists (AWA), USA Sunday 24th June. 10.30am—5pm **Cost €75** During this one day workshop, through a series of writing exercises, Alison will offer you the opportunity to explore your creativity and find your own unique voice in a safe and encouraging environment. If you have often thought "I have a story to tell" – this is your opportunity.

The Amherst Writers & Artists method affirms that, Everyone has a strong unique voice, Everyone is born with creative genius, Writing as an art form belongs to people regardless of economic class or education, The teaching of craft can be done without damage to a writer's original voice or artistic self-esteem. A writer is someone who writes. This workshop is suitable for those who are experienced writers or those who are writing creatively for the first time. For further information, please contact Alison at 087 9607180 or email [alison-barker@iolfree.ie](mailto:alison-barker@iolfree.ie).

[www.amherstwriters.com](http://www.amherstwriters.com)

### Food Mood & Emotion

With Catherine MacBride. Sunday 24th June **Cost: €85** (booking deposit €30)

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 and practical solutions to make us healthier and happier. This is an ideal workshop for this time of year

### Bach Flower Remedy System of Healing

With Carmel Clarke 30<sup>th</sup> June and 1<sup>st</sup> July 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 2-day Seminar will introduce you to Dr. Bach's philosophy of self-help and simplicity. It is the foundation to Level 2 and Level 3 of the Professional Bach Flower Remedy Practitioner Training. You will become familiar with all 38 Bach Flower Remedies, learn how and when to use the remedies in daily life, become familiar with Rescue Remedy, Cream and Spray, and gain an insight into the history and philosophy of Dr. Bach. Each participants will receive certification recognised by the Bach Centre.

## WORKSHOPS

### Psychic Development & Spiritual Awareness With

*Siobhan Redmond Sunday 01st July 10:30am–5pm Cost : €90* 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 workshop 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 workshop 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 day 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 !!

### Introduction to Massage

*With Laura Hilliard-Brady Sunday 08th July 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 week-end 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

### Onsite Seated Massage

*With Mary Tobin & Michelle Burke Sun 08th July 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.

### Heal Your Life Workshop With

*Anita Stapleton – Mirolo, Authorised Louise Hay Teacher & Life Coach Sunday 8th July 2007 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](http://www.asm-healing.com)

### Thai Massage With Terry Kenny,

*Sunday 16th July 2007, 10.30am – 5pm Cost: €65* Introduction to Thai Massage Techniques. 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

### Natural Facial

with Mary Dagleish 31st August and another workshop on 01st Sept. This new one-day course is recognised by the CThA/Embody and the Complementary Medical Association (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 treatment 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 treatment will leave your clients with a vibrant, radiant appearance. Course cost is Euros 165 and includes a treatment kit and materials. There will be a maximum of 8 students in the class.

The structure for this course includes: What is Natural Facial, Assessing skin types,

Carrier oils and aromatic waters - what they are & how to use them, Profile of 10 carrier oils, Profile of 5 flower waters, Benefits, Contraindications, Client consultation form, How to make natural face masks, eye treatments and cleanser, Cleanse, tone, warm compress, Application of face mask, A short massage of the face

### Ear Candling

*With Mary Dagleish September 02nd 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 CThA and the CMA.. 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 (email: [marydagleish@yahoo.co.uk](mailto:marydagleish@yahoo.co.uk))

### Food for Life.

with Catherine MacBride, Sunday 02nd Sept. Cost €85 (booking Deposit €30) CPD points 50. This workshop is designed to give you the information you need to cut through all the jargon and myth that exists around diet and nutrition. It is a light-hearted but informative look at the world of food, answering questions such as: What are Saturated and Unsaturated Fats, What are HDL and LDL Cholesterol, Why are Carbohydrates now deemed to be the 'bad guys'? What is the GI diet all about? What are Food Additives? This workshop is a must for anyone who eats! [www.catherinemacbride.com](http://www.catherinemacbride.com)

### Reading the Face and Body (Diagnostic Tools for Health) with Catherine Mac

*Bride & 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

## WORKSHOPS

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**

## Facial Rejuvenation

With *Mary Dalgleish* 26th - 29th October inclusive **Cost €600 (Exam €100)**

Facial Rejuvenation is a natural facelift with massage. It is designed to be a gentle non-invasive approach to looking younger. It works primarily by freeing constrictions both within the facial muscles and in the connective tissue. Tension can build up within our facial muscles from the pressures of everyday life without us realising it. It can be easy for certain thoughts and

emotions to become habitual, locking themselves into expressions on our faces. Under such conditions muscles can actually 'dry up' and contract, inhibiting freedom of expression.

This can encourage the formation of wrinkles as the face loses its muscle tone and elasticity and begins to sag. Through a combination of gentle massage of the face, energy balancing and facial exercises, the facial muscles are given a new lease of life. Although it is difficult to stave off the ageing

process, Natural Face Lift Massage can do much to extend the appearance of youth and beauty and help us to take care of the assets we possess.

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

(email: [marydalgleish@yahoo.co.uk](mailto:marydalgleish@yahoo.co.uk))

## EVENING CLASSES

### Yoga Evening Class Hatha & Raga

with *Tara Ivory - Russell* Next Date TBC (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)

### Reclaiming your Inner

**Light** with *Rita Kelly* Next Date TBC, (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.

### Tai Chi Chi Kung

With *Eddy Grant* Mon 8pm-9pm Starting 11th June 2007 (6weeks) **Cost: €75**

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

### Meditation

With *Eddy Grant* Mon 7pm-8pm 11th June 2007 (6wks) **€75** Meditation is the art of quieting the mind and letting go of stress and negative thinking. It helps us to attain peace of mind and activate our natural healing process, bringing a renewed zest for life. Morning class also available

### Yoga—Iyengar Based

**yoga Class** with *Ann Marie O'Connell* 8 Wk Course- **€115** Thurs 05<sup>th</sup> 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 only

### Treat You, Treat your

**skin** with *Laura Hilliard-Brady*, Monday 17th September 7pm-9pm **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.

## MORNING CLASSES

### Tai Chi Chi Kung

with *Eddy Grant* Thurs Morn 11am-12pm **6 wks** Next Class Starts June 07th **€75**

The gentle, graceful movements of Tai Chi help us release tension and stress and renew our vitality and health, bringing peace and well-being into our lives. Evening Classes available also - see Evening Classes Section

### Meditation

With *Eddy Grant* Thurs Morn 10am-11am **6 wks** Next Class Starts June 07th **€75** Meditation is the art of quieting the mind and letting go of stress and negative thinking. It helps us to attain peace of mind and activate our natural healing process, bringing a renewed zest for life. Evening Classes available also

### 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 1st/8th/15th/22nd June Morn Course 11am-12:30pm **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

### Pilates (Beginners)

With *Lorraine Flood*. 6 Week morning course 1st August 10am 1 11am and 11am-12pm **Cost : €120**

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