

# Walmer News



May 2007 Issue No. 5

**Your dreams are gifts that set you in motion,  
On the tides of time, where Life is an ocean,  
And your sails are filled,  
with the winds of desire,  
To surge through the waves  
of murk and mire,  
But when you awaken,  
with your goal in your hand,  
You'll see your true destination,  
Was the Voyage, not that land**

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*...plus a full range of Complementary  
Therapies to suit all ...*

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### INSIDE THIS ISSUE

Bach Flower Remedy & Ear Candling	2
Angel News	3
You Create your life	4
Craniosacral Therapy in Iceland	4
Injury Prevention	5
Featured Therapies	6
Suzie's Stars	7
ITEC Courses	8
Other Diploma Courses	9
Workshops	9
Morning & Evening classes	12



Free. Please take a copy.

## Bach Original Flower Remedies.

### Face your Fears. *By Carmel Clarke BFRP*

Dr. Edward Bach as well as Hahnemann (who discovered homeopathy) are among those in the history of medicine who have revolutionised the way to look at health. Dr. Edward Bach was a remarkable physician who was well known and respected around the world for the contribution he made to both orthodox and homeopathic medicine. He found a system of 38 Bach Original Flower Remedies that are safe and simple and can be understood by anyone.

Fear is a very strong emotion and is the cause of a lot of stress. Dr. Edward Bach found the following 5 remedies to support the different ways that we can feel fear.



**Mimulus** is for known causes, such as illness, death, accidents, pain, the dark, cold, poverty, other people, animals, spiders, public speaking, loss of friends, losing job – any known fears. It is good for shy, timid, sensitive children afraid of animals, the dark

sensitive children afraid of animals, the dark

**Aspen** is for a situation when sudden fears or worries happen for no specific reason. Aspen is for waking in fear from bad dream. Aspen is helpful for children who have nightmares



**Rock Rose** is the remedy when there is a feeling of terror – sudden illness, panic attack, after a mugging, *I was terrified* - when there is a sense of being frozen and feeling helpless.

**Cherry Plum** if for the fear of losing control, doing something that would be very regretful later. It is like a feeling of *being about to explode*. Cherry Plum will help to calm the mind and then be able to think and act calmly



**Red Chestnut** is the remedy when there is fear for family and friends – worry about a family member going on a journey, missing their bus, a child starting school, being bullied.

If someone continually lives with fear it can have very insecure feelings and the body's energy will be depleted causing tiredness, lack of concentration, lack of confidence, anxiety, tearfulness and can lead to making rash decisions.

These remedies can be taken for relief to allow the person to be calm in themselves to be themselves.

Carmel Clarke is a Registered BFR Practitioner and Level 1 Trainer. She has a home practice in Dublin, 5.

For information on courses on the Bach *Original Flower Remedies* – see Workshop Section in Newsletter.

## How Ear Candles work on the Subtle Energy

*By Mary Dalgleish*

Quantum physics has acknowledged that we are all made up of energy, as is everything around us. It is the most basic building block of life, but like the air we breathe we usually can't see it. Energy flows through everything and creates everything. Even our thoughts and emotions are energy. It is just a difference in the vibrational frequency of energy that gives us the illusion of substance and separation, just as water changes from solid ice to fluids and then to steam.



Energetic Healing is an umbrella term for any therapy that manipulates the energy circuits in our physical or subtle bodies to regain balance and facilitate

our body's innate healing mechanisms. Our personal energies are delicately balanced and we can become sick or feel "not quite right" when our energy flows are disturbed or blocked by internal or external factors.

The energy systems of the body (aura, chakras and meridians) are connected energetically to our physical organs, glands and bodily systems. When the energy flow to these bodily systems is disrupted, we become more susceptible to disease and injury. The health of our energy systems also determines our mental, emotional and spiritual well-being. If our energy systems are disrupted or blocked we are less able to cope, we feel stressed, which in turn has a negative impact on our physical systems. Over a prolonged period this can lead to ill health. If our energy systems are clear and balanced we will be in a better position to deal with situations and circumstances that might otherwise be perceived as a stress.

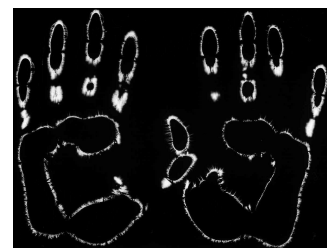
Many healing modalities and exercise regimes strive to achieve healing and harmony to man's subtle energy, for example acupuncture, reiki, tai chi, and yoga. The simple ear candle also has an effect on subtle energy. The fact that ear candling has a rich and ancient history in many cultures indicates that it

For more information on this topic, please visit [www.head2toemassage.co.uk](http://www.head2toemassage.co.uk)

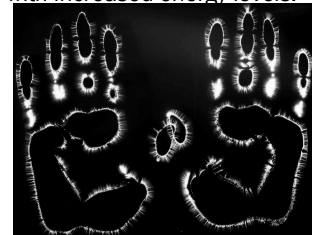
For researching the book "Ear Candling in Essence", Kirlian photography was used to check the electro-magnetic energy field of clients before and after treatments. The way in which this energy field vibrates indicates a person's health at every level.

The process of Kirlian photography is a means of visualising the electro-magnetic fields around living things. Each time we move, think or respond emotionally to something, we produce tiny pulses of electrical energy. The Kirlian camera uses electron cascades to make this subtle energy visible in a similar way that iron filings can make magnetic fields around magnets visible. Any part of the energy field monitored can give a meaningful picture of the whole. Kirlian photography predominately uses the hands, as the electromagnetic energy field is particularly strong around the hands – they are the sites of secondary chakras, and there is an abundance of nerve endings in the fingers. The vibration of the energy field is shown as an image of each hand; size, shape and density indicate its vibration.

**Image A** before an ear candling treatment. The individual presented with a stress-related headache and feelings of congestion in the right ear. Gaps in the image indicate energy blocks in the electromagnetic field, such as is indicated on the image of the right hand below the tip of the ring finger – Reflexologists will recognise this as the ear reflex!



**Image B** was taken after an ear candling treatment. This image is denser and has more vibrancy, and there is now no gap below the tip of the right finger. After the treatment, the individual reported that her headache had subsided, her right ear felt clearer and she felt relaxed in mind with increased energy levels.



This research gives credence to the ancient use of ear candling and scented herbs to cleanse and clear negative energy and to the Shamanic belief that 'fire releases that of yourself that no longer serves you'

# Angel Recipe for Love, Joy and Abundance

By Mildred Ryan

Before deciding on a theme for an Angel Day, I tune into the guidance of the Angels and ask them what the agenda should be.

For the next Angel Day in June, they very clearly sent the message – ‘the next Angel Day is to have as its theme - Love, Joy and Abundance. Let people know that we are there to help smooth everyone’s path, and help them create more Love, Joy and Abundance in their lives.’ OK – so the date is set.

Feeling full of Love, Joy and Abundance is our natural state of being. When you look into a baby’s eyes, you see this perfection reflected there. As we go through life we tend to pick up baggage and learned negative responses which block the natural flow of life. Sometimes we also need to experience particular challenges and learn important lessons as part of our growth.



However, there is lots of help available for us from the Angels, beautiful beings of Light, who come from the heart of God. Their essence is that of Love and Joy, and their mission is to hold us in unconditional love and smooth our path as much as possible. Part of their important work is to help us move quickly through challenges and obstacles, becoming aware of any important lessons, and creating more fulfilled lives.

All you have to do is ask the Angels, and they will do whatever they can for the highest good of all. They constantly whisper words of comfort and encouragement to us, guiding us onto a clear pathway, and helping us reconnect to our natural exuberant energy.

## So a recipe for Love, Joy and Abundance

**Love** – understand that we are beings of Love, our Divine essence is that of love. At any stage you can choose loving thoughts about a person or situation, and watch the transformation. Forgiveness also releases the past, sets you free and allows Love to flow. When you focus on Love, you create Love.

**Joy** – the same can be said about Joy. Even with challenges in our lives, Joy can be found everywhere. Look to the beauty all around you, the beauty of nature, the wonderful people and gifts in your life. Being thankful for the things in our lives connects us to Joy. And when you focus on Joy, you create even more Joy.

**Abundance** – we often only associate Abundance with cash flow and wealth, but abundance involves all other areas of our lives including friendship, love, peace, health and success. Abundant feelings are feelings that you needs are satisfied. It is important to nurture and hold abundant thoughts as these are powerful seeds of creation, and create even more Abundance.

**So the recipe for Love, Joy and Abundance** is to always aim to see the Love, Joy and Abundance all around you as this helps create even more. Also move as quickly as possible through any challenges, letting go of any attachments and fixed thoughts about issues.

And call on your loving compassionate guides, the Angels, to enfold you in their loving energies, to help keep you on track and light up your life even more.

(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.)

## \* New \* GOLDEN ATLANTIS COURSE starting in Walmer College

We are living in a wonderful time when new beginnings are possible as we move into a new Golden Age.

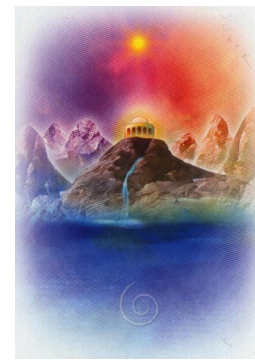
We are all experiencing a shift in consciousness so that we can clear out the old, and live at a higher frequency of Love, Wisdom, Co-operation, Peace and Harmony. We are being given an opportunity to create **Heaven on Earth** as we move into the higher frequency of the fifth dimension.

Many people are aware that the **Winter Solstice of 2012** is a very important time in our evolution and that of our planet. Pulses of higher cosmic light energies are coming to earth at increasing intervals and will intensify as we approach the Winter Solstice of 2012. (More information on 2012 in the next Newsletter)

To help us through this transition, a **Golden Atlantis** course has been set up to explore the time in Golden Atlantis when the spiritual frequency was the highest it has ever been on the planet.

*The aim of the course is to reclaim the wisdom, spiritual power and knowledge from this time to enhance our lives today. It will bring an awareness of a more harmonious, loving and fulfilling way of living,, which will restore balance and harmony to our beautiful plant Earth.*

During the Golden Age of Atlantis the people lived in such a way that they created Heaven on Earth.



They glowed with light and happiness, and lived joyously. Their transpersonal chakras, the Earth Star, Causal, Soul Star and Stellar Gateway chakras

were clear, open and functioning and allowed them access cosmic light and knowledge of the highest level.

Their 12 strands of DNA were fully activated – today we only have 2 active strands, as all other strands are dormant. Reactivating these strands of DNA allows us reclaim our psychic and spiritual gifts.

Along with their Guardian Angel, everyone also had a Unicorn to guide and inspire them. These magnificent white horses have pure light, in the shape of a spiraling horn, pouring from their third eye, and they radiate dignity, grace, self-worth and enlightenment. Many people today are becoming aware of Unicorns, especially children, and isn’t it amazing to see all the Unicorn toys in shops.

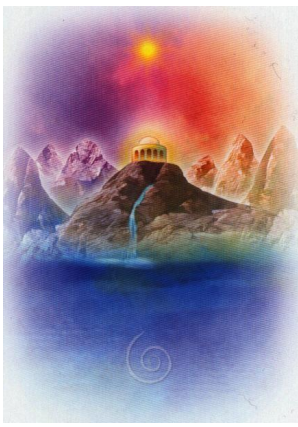
The Atlaneans loved to swim with their friends, the dolphins, telepathically receiving wisdom, guidance and joy from them. Today people are excited about dolphins and love to visit them on boat trips or swim with them in the ocean. All dolphins are healers and as they enfold everyone in their presence with their radiance and huge auras, they help them reconnect with their true essence of joy, love and wellbeing.

The people were aware of the gentle and natural healing properties of Crystals, Colour and Sound and built temples of healing where people could go to receive healing.

Living in harmony and balance with nature was the norm, as everyone understood the oneness and Divinity within everything.

On the Golden Atlantis course we will be learning techniques for raising our frequency and reactivating our higher chakras and dormant strands of DNA. We will be connecting with the higher light, wisdom and joy of the Unicorns and Dolphins, and will be exploring healing with Crystals, Colour and Sound. The prophecies and higher energies of 2012 will also be clearly explained.

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Continued from  
page 3

We will be reclaiming sacred wisdom, power and knowledge from the time of Golden Atlantis, guided by the Angels of Atlantis, Ascended Masters and high beings of Light.

An introductory Golden Atlantis weekend is being offered on **9<sup>th</sup> and 10<sup>th</sup> June** where all these techniques will be explored. This will be followed in the Autumn by a Teacher Training Course for those who would like to develop their own Golden Atlantis workshops and spread the knowledge to others, so we can all move forward together.

This Golden Atlantis weekend is based on Diana Cooper's book – Discover Atlantis, and is facilitated by Mildred Ryan, Angel, Ascension and Golden Atlantis Teacher of the Diana Cooper School.

(Mildred holds Golden Atlantis weekends in Walmer and facilitates the Diana Cooper School Teacher Training courses. She also holds Angel Workshops and Teacher Training courses on Angels and Ascension.)

## You Create Your Life!

By Eddy Grant

Imagine waking up every morning with a smile in your heart, knowing that you can create a day filled with love, joy, fun and abundance.

Well, You can!

You are a vibrational being and everything in the Universe is a vibrational energy. The Universe operates through the Law of Attraction, which states that, like attracts like!

In other words, the vibrations that you are radiating out into the universe, through your thoughts, feelings, and actions, attract to you, situations, opportunities and things that have the same vibration as you.

You are already doing this all of the time, although most of the time it is on an unconscious level. When you set goals, visualise or affirm something you want, then you are consciously activating the vibration of those results and attracting them to you. Think of yourself like a radio receiver, able to tune into any

vibrational signal you want too. When you set a goal or visualise a result, you are attuning your vibration to match the vibration of what you want.

Now just as a radio has a little red light that tells us when a clear signal is coming in, we too have an indicator that lets us know when we are receiving a clear signal of what we want. Our indicator is our emotions. When we listen to our emotions, they tell us clearly if we are aligned with, or out of alignment with what we want to create. So once we decide what we want to create, we activate the vibration of it within ourselves, and that vibration radiates out into the universe and attracts situations, opportunities and things with the same vibration, to us.

Now you may be thinking, 'yeah, I've done all that and I'm still waiting on it to arrive.' Been there myself, a lot!

Then I learned that it is a 3 step process and we only need be concerned with two of them. Yippee!

Step 1: Decide what you want and activate the vibration of it within yourself.

Step 2: The

Universe always responds to your vibration and sends you exactly what you asked for.

Step 3: Allow yourself to receive what you have asked for.

This last step was the one I stumbled on, as I believe most of us do. I realised that I had no problem asking for things; in fact I became a real expert at asking. Not often realising that what I was asking for I didn't really want, until it turned up and then I had to deal with it. Oops!

The second step is automatic; the Universe always gives us exactly what we ask for, without exception.

But it was allowing what I wanted, to come to me that I had difficulty with. I became aware that a lot of the time I resisted what I truly wanted, through my doubts, fears, and feelings of unworthiness.

So how do we allow ourselves to receive? We cannot totally rid ourselves of doubts, fears, or negative feelings. But we can become more aware of when we experience them and learn to positively re-align our vibration to the vibration of what we want.

Remember, like attracts like!

If you are interested in learning to create more successfully, the life you really want to be living, then check out the 'You Create Your Life!' workshop on Sat 19<sup>th</sup>/Sun 20<sup>th</sup> May. (See workshop section for details)

## CranioSacral Therapy in

**Iceland,** by Ger Nolan,

*Advanced CranioSacral Therapist*

Last weekend I left the sunshine of Dublin, the promise of clematis and cherry blossom, and put my winter coat and boots back on, to go to

Iceland. As I landed in Keflavik airport, I remarked how like the moon the terrain is. Stark lava fields for miles and miles.

The population of Iceland is 300,000. The capital is Reykjavik, with about 120,000 of a popula-

tion. Reykjavik looks out over the sea to the dramatic Mount Esja, which appears to rise out of the sea and protect Reykjavik. Each morning the locals check if there is snow on top of Esja, and then decide which coat to wear!

The Blue Lagoon Spa is situated near Grindavik. The most magnificent hot blue waters reaching 40 degrees, gurgle amid the lava fields. Our group of 30 therapists, from America, Iceland and Ireland met up at the Northern Lights Hotel close by for two days of CST in the hot waters. My good friends Erla and Birgir, from Reykjavik, and Chas and Kat, from the Bahamas, hosted the group.

Each day I awoke to the sun rising over the hill and brilliant blue skies. The hotel has huge windows in the diningroom looking out at the lava fields and some surrounding hills. We remarked that there were perhaps 100 trees on one of the hills, which is very unusual in the area, and fondly called this 'the forest'.

At 7.00am breakfast was served, and all of the group would meet early to exchange stories before the official 9.00am meeting. I had met some of the group before when I worked at a comprehensive therapy program in the Wild Winds Buffalo Reserve in Indiana, and others more recently in Panama.

In the mornings we did group sessions of CranioSacral Therapy in the hotel, and after lunch we went to work in the Blue Lagoon.

We worked in 3's and just floating in the hot waters looking at the blue sky feels so relaxing. After a time, I closed my eyes and lost all sense of what was happening around me. I felt the hot waters and became the water. I went deeper and became the breath of the Blue Lagoon with total connection to the sky and the earth. I observed the people from the perspective of the Blue Lagoon, and they appeared to be like aliens in this oneness of nature. I came back to my senses with a different perspective of us as a people daring to change the magnificence of nature.

The second day in the waters of the Blue Lagoon I went deeper again. My body led my group up and down and around the rocks. And imagine, a long time later, my body stopped and I came back to this world in front of the waterfall. My group stood me up underneath and I felt the tons of hot water falling on my shoulders.

I returned to the hotel a different person than the one who had started out earlier in the day.

Last night, a week later, I walked through the hustle and bussle of Dublin airport with a part of the Blue Lagoon and the magic of Iceland within me.

Such joy!

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

Most athletes want to lower their chances of incurring an injury while participating in their favorite sport. Injuries decrease the amount of time you can spend in leisure activities, lower your fitness, downgrade competitive performance, and can lead to long term health problems such as arthritis.

There are some general rules for injury avoidance, which apply to all sports. Sports scientists suggest that injury rates could be reduced by 25% if athletes took appropriate preventative action.

## Common Misconceptions

Coaches and athletes believe that males have higher injury rates than females. Male and female athletes have about the same injury rate per hour of training. Among runners it is considered that training speed is the cause of injuries (Speed Kills) but research indicates that there is no link between speed and injury risk.

## Do not overdo it

The amount of training you carry out plays a key role in determining your real injury risk. Studies have shown that your best direct injury predictor may be the amount of training you completed last month. Fatigued muscles do a poor job of protecting their associated connective tissues, increasing the risk of damage to bone, cartilage, tendons and ligaments. If you are a runner, the link between training quantity and injury means that the total mileage is an excellent indicator of your injury risk. The more miles you accrue per week, the higher the chances of injury. One recent investigation found a marked upswing in injury risk above 40 miles of running per week.

## The two best predictors of injury

If you have been injured before you are much more likely to get hurt than an athlete who has been injury free. Regular exercises have a way of uncovering the weak areas of the body. If you have knees that are put under heavy stress, because of your unique biomechanics during exercises, your knees are likely to hurt when you engage in your sport for a prolonged time. After recovery you re-establish your desired training load without modification to your biomechanics then your knees are likely to be injured again.

The second predictor of injury is probably the number of consecutive days of training you carry out each week. Scientific studies strongly suggest that reducing the number of consecutive days of training can lower the risk of injury. Recovery time reduces injury rates by giving muscles and connective tissues an opportunity to restore and repair themselves between work-outs.

## Psychological factors

Some studies have shown that athletes who are aggressive, tense, and compulsive have a higher risk of injury than their relaxed peers. Tension may make muscles and tendons tighter, increasing the risk that they will be harmed during workouts.

## Weak muscles

Many injuries are caused by weak muscles which simply are not ready to handle the specific demands of your sport. This is why people who start a running programme for the first time often do well for a few weeks but then, as they add the mileage on, suddenly develop foot or ankle problems, hamstring soreness or perhaps lower back pain. Their bodies simply are not strong enough to cope with the demands of the increased training load. For this reason, it is always wise to couple resistance training with regular training.

## Muscle imbalance

Screening for muscle imbalances is the current cutting edge of injury prevention. The rationale behind this is that there are detectable and correctable abnormalities of muscle strength and length that are fundamental to the development of almost all Musculoskeletal pain and dysfunction. Detection of these abnormalities and correction before injury has occurred should be part of any injury prevention strategy. Assessment of muscle strength and balance and regular sports massage can be

## Muscle Stiffness

Muscle stiffness refers to the ratio between the change in muscle resistance and the change in muscle length. Muscle stiffness is thought to be directly related to muscle injury risk and so it is important to reduce muscle stiffness as part of a warm up. Research has indicated that only dynamic stretches - slow controlled movements through the full range of motion - decrease muscle stiffness. Static exercises did not decrease muscle stiffness.

This suggests that dynamic stretches are the most appropriate exercises for warming up and not static stretching exercises. Static stretches are perhaps more appropriate for the warm down as they help to relax the muscles and increase their range of movement.

## Make it specific

Resistance training can fortify muscles and make them less susceptible to damage, especially if the strength building exercises involve movements that are similar to those associated with the sport. Time should be devoted to developing the muscle groups, strength training, appropriate to the demands of your sport. If you are a thrower, then lots of time should be spent developing muscles at the front of the shoulder. This increases the force with which you can throw, but you must also work systematically on the muscles at the back of the shoulder which control and stabilise the shoulder joint.

## Injury prevention tips

1. Avoid training when you are tired
2. Increase your consumption of carbohydrate during periods of heavy training
3. Increase in training should be matched with increases in resting
4. Any increase in training load should be preceded by an increase in strengthening
5. Treat even seemingly minor injuries very carefully to prevent them becoming a big problem
6. If you experience pain when training STOP your training session immediately
7. Never train hard if you are stiff from the previous effort
8. Pay attention to hydration and nutrition
9. Use appropriate training surfaces
10. Check training and competition areas are clear of hazards
11. Check equipment is appropriate and safe to use
12. Introduce new activities very gradually
13. Allow lots of time for warming up and cooling off
14. Check over training and competition courses beforehand
15. Train on different surfaces, using the right footwear
16. Shower and change immediately after the cool down
17. Aim for maximum comfort when travelling
18. Stay away from infectious areas when training or competing very hard
19. Be extremely fussy about hygiene in hot weather
20. Monitor daily for signs of fatigue, if in doubt ease off
21. Have regular sports massage

## Agera Skin Peels

The Beauty of Science

Agera peels represent a major advancement in the non-invasive treatment of ageing skin, acne and unwanted pigmentation.

These unique no-downtime peels provide visible results without unsightly skin shredding, redness or irritation.

**Anti Ageing Peels:** Stimulate cells deep within the skin promoting collagen and elastin production and helps eliminate fine lines & wrinkles for a firmer smoother more radiant appearance.

**Acne Peels:** Acne Peels rapidly brings acne under control reducing the risk of future scarring, reducing blocked pores and redness associated with acne conditions.

**Pigmentation Control Peels:** Penetrating the skins pigment cells to gently reduce the appearance of unwanted discoloration for a more even skin tone.

### Cost

€75 for Face

€100 for Face, Neck & Chest

## Rosacea / Acne Rosacea

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

**What is it?** Rosacea is a skin disease that affects the middle third of the face, causing persistent redness over the forehead, nose and chin. The nose may also become swollen. Pimples can occur with it also and it can often be mistaken for common acne, as can be seen in teenage years. It can be a very distressing and embarrassing condition. It usually occurs in both men and women between the ages of 30 and 40 years. It more commonly affects women but is usually more severe in men. In severe cases it can affect the eyes. The cause is still unknown. There is no cure for Rosacea but it can be controlled and treated.

### How does Chinese Medicine view

**Rosacea?** Traditional Chinese Medicine sees rosacea as excess heat in the body. This heat builds up and leads to stagnation of heat and blood. Treatment should include finding the source of this excess heat. If the cause remains the problem will reoccur. Other excessive heat symptoms may also be present such as; constipation, bad breath, dry skin, heartburn, belching, food repeating, insomnia, strange dreams, anger, irritability, anxiety

and panic attacks.

**What Aggravates It?** Extreme environment temperature changes, exercise, stress, alcohol consumption, caffeine and food sensitivities can all aggravate Rosacea. All these stimuli can aggravate internal

heat. Try and avoid hot baths, saunas and Jacuzzis.

**How To Treat It?** If stress or anxiety are factors, then lifestyle should be looked at. Yoga, Tai Chi and Meditation are all great for reducing stress levels. Diet is crucial. If constipation is a factor then fibre needs to be increased in the diet to encourage bowel movements. If the body is not eliminating all of its toxins, then they will contribute to the excess heat and the toxins will try and release themselves and vent through the skin.

I would suggest a **Vega / Allergy Test**. This will rule out or identify any food sensitivities that commonly aggravate Rosacea. Once identified, they can be excluded or reduced from the diet. The test will also identify any vitamin or mineral deficiencies. Deficiencies of Vitamins A, E, B2, B3 and Zinc can all affect Rosacea. If there are vitamin or mineral deficiencies it is preferable to correct the diet to allow for this, rather than taking vitamin supplements. The body will utilise vitamins and minerals from natural sources a lot better. As part of the Vega Test consultation diet is looked at in detail. Purging, cooling and bitter Chinese Herbs may be recommended to help eliminate the excess heat from the body and to move stagnation. Appointments can be made for consultations at the Walmer Clinic reception.

## Colon Hydrotherapy

**Explained** by Irene Scarriff, Colonic Hydrotherapist

Colon Hydrotherapy could be the main solution to all the nasty things we have building up in our bowel. Its it the gentlest safest and most effective way yet discovered of clearing out facial matter gas mucus and toxic substances that have become stuck in the bowel. Clearing away the deposits using repeated gentle flushing of warm sterile water, the water goes through several stages of purification as normal tap water contains too many chemicals and can be harmful. A single treatment may remove anything between five and twenty pounds of matter.

The pressure is safe because it is so very low, normally below two pounds psi. There is no danger of perforating or straining anything inside the client. The pressure is created by gravity, as there are no pumps and therefore there is no danger of accidental pressure build up.

Generally fifteen to twenty gallons of water is used, flushing about one to two pints at a time. The system is totally enclosed from

where the water goes in to be filtered right through to where the waste goes straight into the drains.

Occasionally your practitioner will add herbal infusions to the water and they will used massage techniques on the abdominal area to help eliminate the impacted matter.

All equipment used is disposable and hospital strength disinfectants, which kill all known viruses, bacteria and fungi are constantly used in the treatment room before, during and after each treatment.

The only other alternative methods to Colonics are either strong or often unpleasant drugs or surgery. Quite often in these cases, they are neither safe or as effective and certainly not as gentle. The use of surgery is indefensible unless the Colon has become so damaged that it can not be repaired in any other way. **Colon Hydrotherapy** is perfectly safe for people who are physically impaired or the elderly. There is no upper age limit.

In the Clinic, first appointments are one and half hours long as we spend time going through a fully comprehensive medical and lifestyle history to ensure a personalised treatment for you.

Further information can be found at [www.colonicirrigationie.com](http://www.colonicirrigationie.com)

For appointment, call Walmer or to speak directly to Irene call 085 7602990

## BriteWhite Teeth

### Whitening

Create that Brite White smile with our new teeth whitening system from Brite White

No Heat

No Saliva Drips

No Pain

No Cheek Retractors

No Gagging

Non Invasive

The first Light Emitting Diode (LED) system that is inserted into the mouth for the ultimate in professional teeth whitening.

6-11 shades brighter in 90 Minutes!

**Cost €395**, includes home maintenance, kit toothpaste & mouthwash.

# SUZIES STARS

May brings great opportunity for change and starting afresh. Like a small child we have the possibility to see life with new eyes, a clean start, isn't that exciting!! Just focus on what it is you truly desire with good intentions and watch it manifest!!



## Taurus – Apr 21 – May 21

Talented Taurus – May is a great month for all born under the star sign of Taurus, You will find yourself exploring all your options this month before you make that big decision or change. Now is the time to find out who your best friends really are! Enjoy that special social occasion coming up and dance the night away!!!

## Gemini – May 22 – June 22

Generous Gemini's – May sees you feeling very happy and satisfied. There is a lot of love to give and receive. A good month for romance and for building plans for the future. Do remember to drink lots of water this month and it is important to try to stick to that healthy eating plan!

## Cancer – June 23 – Jul 23

Calming Cancerian's – May finds you breaking free of old patterns and lifestyle. Now is your chance to experience life in a new way. Do take the advice from an older man; although he may seem stern you can trust him and he has valuable information. Go out this month and enjoy time with your family.

## Leo – Jul 24 – Aug 23

Liberal Leo – May is a great month for Leos, full of laughter and lots of fun. Every project you start this month works out very well for you. Just remember that love heals fear so don't give yourself a hard time if you are feeling a little uncertain, just be good to yourself, love yourself and all will be well again.

## Virgo – Aug 24 – Sept 23

Valuable Virgo – Do you find yourself feeling stuck or indecisive? Or that perhaps your way is suddenly blocked? Now is the time to take that short break that you have been promising yourself – its time to relax and to pamper yourself – Go on you deserve it !

## Libra – Sept 24 – Oct 23

Lyrical Libra – May is a month where you have many decisions to make, some good, some not so easy. If you are finding yourself feeling trapped or stuck in some way, what you need to do is get some rest, you have been working very hard and you deserve some down time now.



**BIG THANK YOU TO EVERYONE WHO HELPED OUT AND DONATED TO OUR BEAUTY IN PINK DAY.**

**WE HAD A FABULOUS TURNOUT AND FUN FILLED DAY.**

**WELL DONE EVERYBODY!!!**



## Scorpio – Oct 24 – Nov 22

Secretive Scorpio – May is a month of waiting and that is something Scorpios do not like doing. There is many changes occurring for you right now but you just have to be patient and have faith for a little longer before you get a happy surprise!!

## Sagittarius Nov 23 – Dec 21

Sweet Sagittarians – You will find yourself this month seeking solace or some time on your own to do some soul searching and decision making. Once you have this time out, the way forward will become clear to you and will lead you onto success!

## Capricorn Dec 22 – Jan 20

Capable Capricorn – Your guardian angel is very close to you this month, remember you are never alone. May sees you making a long term commitment as a guiding influence comes into your life. This is now your time – listen and enjoy!

## Aquarius – Jan 21 – Feb 19

Active Aquarians – You have been looking for some answers recently! Pay careful attention to signs & "coincidences" right now as that is your angel's way of giving you guidance. You are very talented and gifted and this month sees you using your skills by helping others.

## Pisces – Feb 20 – Mar 20

Purposeful Piscean – You may find yourself having amazing dreams this month and this in turn helps you deal with the day to day mundane issues. If you put your head down and concentrate, May sees you obtaining fantastic results, so go on – you can do it!!

## Aries – Mar 21 – Apr 20

Attentive Aries – May is a big month for all those born under the star sign of Aries. If you are feeling a bit disillusioned or let down, don't worry as May finds you breaking through your fears and becoming more focused. Many blessings are here for you now. Expect that miracle as its on the way!

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

The Shop at Walmer Stocks a full range of Angel Oracle Cards by Doreen Virtue including her latest release, Daily Guidance from your Angels.

These oracle cards with accompanying guidebook provide messages and reminders of your guardian angel's steady and loving presence. Each day your angels will give you the perfect card to answer your questions, set positive intentions, help you heal, and manifest what you desire. After you pull a card, you might wish to keep it near you to remind you of your angels' guidance.



**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

**Holistic Massage  
Anatomy & Physiology  
MAY 2007 ( Evenings)  
\* \* \* Enrolling \* \* \***

May 07:-	Indian Head Massage Full Time 2 week holistic massage course for reflexology graduates
June / July 07	Indian Head Massage Mullingar Course
Sept 07:	One Year Course Holistic Studies, Holistic Massage / Anatomy & Physiology (Mullingar & Dublin) Reflexology,

***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 **MAY 2007**

Comprehensive 2 week course      10am – 5pm each day

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



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

Internationally Recognised Diploma Courses

Sept 07:-	I.T.E.C Beauty Specialist, Facial Only Certificate, Waxing Only Certificate ( Date to be confirmed)
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**OPEN DAY: JULY 29th 2pm–6pm**

An ideal opportunity to visit the College and speak to Tutors if you are considering an I.T.E.C qualification in any of our Internationally Recognised Diploma Courses or maybe you are interested in a workshop or morning/ evening class.  
FREE mini treatments also available on the day

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

Walmer College & Holistic Centre, 1st Floor, River House, Raheny SC, Raheny, Dublin 5. Tel: 8329645/8328648      info@walmer.ie

## OTHER DIPLOMA COURSES

### Reiki 2 Workshop

With Catriona Doyle Reiki Master/Teacher  
17th / 18th May 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 25th May & 1st June 7pm-9:30pm)**

### Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher  
25th / 26th May 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 11th & 18th June 7pm-9:30pm)**

### Integrated Energy Therapy ® Class

With Deborah Gorman

**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.**

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

### Reiki Student Support & Exchange Evening

**Monday 21st May 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.

### 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

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

## WORKSHOPS

### Heal Your Life Workshop

With Anita Stapleton - Mirolo, Authorised Louise Hay Teacher & Life Coach **Sunday 18th May 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)

### You Create Your Life!

with Eddy Grant. 19th/Sun 20th May - 10.30-5pm - Cost : €250 **Activate the Law of Attraction to create the life you really want to live! Using Golden Sun chi kung, Inner Smile and 6 Healing Sounds meditation, to raise your energy vibration and align with the Universal energy flow. Instantly boost your confidence, memory and visualisation skills, and learn to let go of resistance to living a life filled with Joy! (Wear loose comfortable clothing, bring notebook and pen)**

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

with Catherine Mac Bride & Christine Brady Sun 13th May 11am-5pm

**Cost €85**



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

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

## WORKSHOPS

### Pregnancy & Reflexology including Infertility

*With Carol Donnelly and Dr. Jennifer Donnelly MB, MRCOG, Specialist Registrar in Obstetrics and Gynaecology* Saturday 19th May 2007 10am–5pm **Cost: €85** This day will cover the stages of pregnancy: how a woman's body changes and baby developments, issues clients may have at these times and how reflexology can be of benefit. We will also discuss problems with fertility. **Non-refundable deposit of €40 required to secure your place**

### Aura Soma Introductory Day, "The Mirror of the Soul" with Maeve Murran, Sunday 27th May 10:30–4:30pm 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.

### Tulku Lama Lobsang

*Of the Nangten Menlang Buddhist Medical Centre in Northern India will return to Dublin in May 2007* He will give workshops on:

Tibetan Buddhist Psychology Wed 30 May at 7pm - **Cost €15**

Lu Jong Body Movement Thurs/Fri 31 May & 1 June Cost : €80

Tibetan Massage Sat 2 June Cost €80

Tsa Lung Healing Practice Sun 3 June Cost €80

Tonglen Practice of Compassion Mon 4 June Cost €80

Medicine Buddha Practice Tues 5 June Cost €80

The talk and workshops will be held here at Walmer. **Cost is €80 per workshop and €15 for Talk on Wed evening.** For further details about any of the above Please contact Pauline Beegan at 00353 1 8338366/ (0)86 8058471 or [beegan@gofree.indigo.ie](mailto:beegan@gofree.indigo.ie)

Lama Lobsang will also be available for individual consultations.

### 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)

## WORKSHOPS

**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 and 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 30th June and 1st July 2007 10am – 5:30pm **Cost: €185** INTRODUCTORY - LEVEL 1 2-DAY COURSE “Our work is to steadfastly adhere to the simplicity and purity of the method of healing” From the Original Writings, Dr. Edward Bach. This 2-day Seminar will introduce you to Dr. Bach's philosophy of self-help and simplicity. It is the foundation to Level 2 and Level 3 of the Professional Bach Flower Remedy Practitioner Training. You will become familiar with all 38 Bach Flower Remedies, learn how and when to use the remedies in daily life, become familiar with Rescue Remedy, Cream and Spray, and gain an insight into the history and philosophy of Dr. Bach. Each participant will receive certification recognised by the Bach Centre.

**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. 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 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 etc. 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.

**Thai Massage** With Terry Kenny, Sunday 12th February, 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 Dalglish 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 Dalglish 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 Complementary Medical Association (CMA). On successful completion of the course a certificate will be issued and therapists can obtain insurance. For an Application Form & Further Details contact: [MaryDalglish on 0044 20 88749047](mailto:MaryDalglish@walmer.ie)

## EVENING CLASSES

### Yoga Evening Class Hatha & Raga

with Tara Ivory – Russell Tuesday – 08th May 07 (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 17th May 2007 (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')

The greater danger is not that our hopes are too high and we fail to reach them ..... It is that we they are too low

### 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—lyengar 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.

Pick up a College Prospectus from Reception today if you are interested in our I.T.E.C Diploma Courses.

**VISIT US AT  
WWW.WALMER.IE**

A Mind that is open to everything invites in 'miracles'

**MORNING**

## CLASSES

### Tai Chi Chi Kung

with Eddy Grant Thurs Morn 11am–12pm **6 wks** Next Class Starts May 31st **€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 May 31st **€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. **Please note there will be no drop in class on 05th or 12th April.**

### 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 Investment **€200**  
Morn Course 11am–12:30pm

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**