

## Courses & Workshops for 2018

### February

#### EFT—Tapping a Self Help Tool

If you:

- Constantly put yourself down
- Get tired and irritable with others
- Allow stress to build up
- Have too much going on
- Have no time for yourself
- Put others first

This workshop teaches you how to use tapping to manage stress by:

- Learning how to use tapping to decrease stress levels
- Understanding how Tapping works
- Practicing the Tapping sequence
- Knowing how and when to use Tapping for yourself

Saturday 10 February 10am—1pm £40

[BOOK NOW](#)

#### Level Two Reiki Certificated Course

If you:-

- Already have Level One Reiki
- Want to further your Reiki as part of personal development
- Want to offer Reiki as a Practitioner

This two day certificated course will:-

- Increase your vibration through further attunements
- Be introduced to the use of symbols
- Learn how to use distance healing
- Enhance your understanding and use of this healing system for self healing and for others

Saturday & Sunday 24/25 February

10am— 4pm £230

[BOOK NOW](#)

## April 2018

### Wellbeing Walk

If you:

- Are constantly on the go
- In desperate need to slow down
- Want to off load
- Want the company and support of others

This group will combine the opportunity to share and chat about issues along with relaxation and healthy ways to reduce stress and slow down. The walk will be of about 40mins to an hour duration and include refreshments along the way. It will be led by myself to ensure confidentiality and support although there will be no set agenda.

If weather is not suitable for walking then the group will still go ahead indoors. The walks will be within a 5 mile radius of Barnstaple.

**Saturday 7 April 10am–12 noon £10**

[Register Your Interest](#)

### Reiki Level One

An introduction course to Reiki as a self healing energy intervention for yourself, friends and family.

If you:

- Have had Reiki and want to learn how to use it for yourself and others
- Are curious and open minded about spiritual development
- Feel you wish to develop your understanding of this type of healing
- Want to look after your health and wellbeing

This two day certificated course will:

- Attune you to working at a higher vibrational level
- Introduce you to energy healing systems
- Teach you how to use Reiki on yourself for wellbeing and health
- Give you an understanding of Reiki and it's concepts
- Offer post course support and advice

**Saturday & Sunday 27 & 28 April 10am–4pm £140**

[BOOK NOW](#)

## May

### EFT for Maintaining Weight Loss

If you:-

- Are struggling to maintain the weight loss you have achieved
- Want some additional help to reduce weight
- Get stuck in a panic about your weight

This workshop will help you by:

- Understanding the impact of our thoughts around weight loss
- Learning how to use Tapping to decrease stress
- Reducing negative thoughts around body image
- Giving you a self-help tool tht will support other diet strategies

Sunday 13 May 2018 10am - 1pm £40

[BOOK NOW](#)

### Wellbeing Walk

If you:

- Are constantly on the go
- In desperate need to slow down
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This group will combine the opportunity to share and chat about issues along with relaxation and healthy ways to reduce stress and slow down. The walk will be of about 40mins to an hour duration and include refreshments along the way. It will be led by myself to ensure confidentiality and support although there will be no set agenda.

If weather is not suitable for walking then the group will still go ahead indoors. The walks will be within a 5 mile radius of Barnstaple.

Saturday 19 May 2018 10am–12 noon £10

[Register Your Interest](#)

## June

### Wellbeing Walk

If you:

- Are constantly on the go
- In desperate need to slow down
- Want to off load
- Want the company and support of others

This group will combine the opportunity to share and chat about issues along with relaxation and healthy ways to reduce stress and slow down. The walk will be of about 40mins to an hour duration and include refreshments along the way. It will be led by myself to ensure confidentiality and support although there will be no set agenda.

If weather is not suitable for walking then the group will still go ahead indoors. The walks will be within a 5 mile radius of Barnstaple.

**Saturday 2 June 2018 10am–12 noon £10**

[Register Your Interest](#)

### Boosting Inner Belief

If you:-

- Constantly put yourself down
- Have little confidence in yourself
- Get fed up with putting yourself last
- Know there is a stronger you trying to get out
- Want to shine and glow with inner confidence

This workshop will support and help you to:

- Win those internal battles about self doubt and belief
- Put simple easy to use strategies in place
- Identify changes you can do in your life
- Understand how you may get stuck and how you can become unstuck
- Get back on track to a new confident and amazing you

**Saturday 30 June 2018**

**10am–1pm £45**

[Book Now](#)

## Provisional Dates for Your Diary

### Wellbeing Walks

July 14th

August 18th

September 29th

### Reiki Level Two

August 12 & 13th

### Reiki Level One

October 13 & 14th

### The Gentle Art of Assertion & Communication

November 10th

Watch out for Webinars on a variety of issues coming your way throughout the year!

Any questions or suggestions please contact me:

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*Warm wishes*

*Karen*