



Dreamstone Holistics

Therapies & Training

**Workshops
&
Courses 2018**

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FOREWORD

Dreamstone Holistics - Therapies & Training (DHTT) provides high quality, accredited training for Crystal Therapists at Foundation, Certificate & Diploma levels, Reiki teaching up to Level 3 Master Teacher and instruction in Meditation techniques in venues within the South Wales area.

Dreamstone Holistics - Therapies & Training is currently a member school of the Affiliation of Crystal Healing Organisation (ACHO) and of the Crystal Therapy Council (CTC), recognised by the General Regulatory Council for Complementary Therapies (GRCCT) as the leading body for Crystal Therapy in the UK.

Helen Jane Meyrick BSc. (Hons), PGCE, Grad. (ICGT), MFHT, BSoM (Dip)

I am the Principal of Dreamstone Holistics - Therapies & Training and an experienced tutor, therapist and Reiki Master Teacher. I was a tutor for Coleg Gwent in the field of IT from 2005 to 2014 and became qualified, gaining my PGCE in 2008.

MY TRAINING & QUALIFICATIONS

I initially gained VTCT qualifications in Anatomy & Physiology and in Crystal Therapy at Tamworth College and then went on to further my learning by training for my Crystal Therapy Certificate and Diploma with the Institute of Crystal & Gem Therapists (ICGT).

Alongside my training in Crystal Therapy I also became attuned to Reiki from Level 1 through to Master Teacher level with Lorraine Rees of Reiki Wales in Gorseinon.

I transferred my teaching knowledge, experience and skills to the field of holistic therapies in 2011 when I started teaching Reiki Levels 1 and 2 for the first time, taking the innovative step of teaching it as a continuous series of evening classes as opposed to the more common approach of one or two-day weekend workshops. This was done because I believed that it ensured the students received continuous support on their Reiki journey from both myself and their fellow students and that it would hopefully foster a lasting bond of friendship between the students.

In 2012 I was amongst the first group of students to train with Mary Pearson & Helen Galpin, principals of the British School of Meditation for their inaugural Teaching Meditation course and passed the course with distinction.

PROFESSIONAL MEMBERSHIPS ETC.

- Member of the Federation of Holistic Therapists (FHT),
- Member School of The Affiliation of Crystal Healing Organisations (ACHO)¹
- a qualified Meditation Teacher with the British School of Meditation,
- a SkillfulMind Meditation Leader
- An Accredited School of Complementary Health Professionals (CHP)
- Registered with Complementary Medical Association (CMA)

and listed on the practitioner registers of:

- The General Regulatory Council for Complementary Therapies (GRCCT)
- The Affiliation of Crystal Healing Organisations (ACHO)

¹ I am currently Practitioner Register Administrator of ACHO and former Treasurer

WORKSHOPS & COURSES 2018

WORKSHOPS

Dreamstone Holistics One-day Workshops are non-accredited tutor-led days which can be used for personal development and/or CPD. They are suitable for those seeking an introduction to a topic or for existing therapists & holistic practitioners wishing to enhance their knowledge.

The number of attendees is kept to a maximum of 6 (although in some cases, where the venue and subject matter permit, this may be increased).

Workshops vary in length and may be half-day or full day.

Generally one-day workshops commence between 9.30am and 10am and finish between 4pm and 4.30pm and will include breaks for refreshment.

The duration of half-day workshops is 3-4 hours depending on the content and may either run in a morning, afternoon or evening.

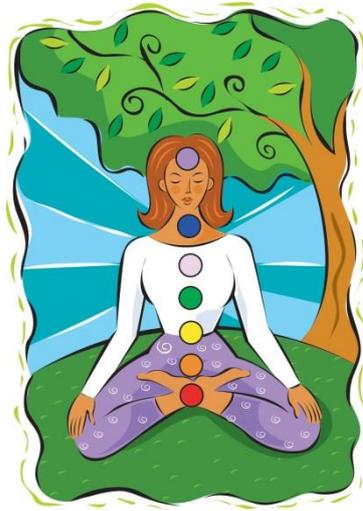
Light refreshments are included (e.g. drinks and light snacks), however attendees are expected to provide their own luncheon.²

All workshops must be booked in advance and a small deposit paid in order to secure a place with the remaining payment being made at the start of the workshop.

Any known health issues may be discussed in confidence prior to the workshop in case of any conditions which may be contra-indicated (e.g. pregnancy, epilepsy etc.)

Prices shown for courses and workshops are dependent on the venue.

² Applies to workshops run at Vincent House only. Arrangements at other venues may vary.



CARING FOR YOUR CHAKRAS

DESCRIPTION

An introduction to the seven main energy centres known as chakras.

You will learn:

- What they represent
- Their associations
- How to check their condition
- How they affect you and can be affected
- How to 'balance' them using a variety of ways
- Your 'Chakra Age'

COST

From £40 (includes handouts & certificate of attendance)

DURATION

One-day workshop



CRYSTAL CLARITY

DESCRIPTION

This one day workshop will introduce you to the wonders of crystals and how you can use them in your daily life for your personal wellbeing.

Topics covered include:

- Choosing crystals
- Cleansing & storing crystals
- Attuning to a crystal
- Crystal Meditation
- Introduction to using a pendulum
- Simple layouts for personal well-being

COST

From £45 (includes handouts, certificate of attendance, a small starter kit)

DURATION

One-day workshop

NOTE

This workshop covers Units 4, 5 & 6 of the ACHO Core Curriculum, which forms part of the Crystal Therapy Foundation & Certificate Courses and is the first workshop session for this level.



QUARTZ'N'ALL

DESCRIPTION

If you only ever buy one sort of crystal then this is THE one to get! This workshop focuses on quartz, its varied forms and its versatility.

You will learn some simple layouts for your own personal wellbeing, how to create an energy grid and more!

Topics covered include:

- Different quartz formations
- Simple quartz layouts for personal well-being
- Quartz Meditation
- Enhanced quartz forms

COST

From £40 (includes handouts, certificate of attendance, a small selection of crystals used in layouts)

DURATION

One-day workshop



STAR SIGN CRYSTALS!!

DESCRIPTION

In this one day workshop we will work with crystal layouts and grids in conjunction with your Star Sign and your astrological chart with a view to empowering & enhancing your life.

This workshop **must** be booked in advance and a deposit paid as numbers are limited and the astrological charts need to be prepared in advance.

COST

From £50 (includes handouts, certificate of attendance, astrological chart and crystals)

DURATION

One-day workshop



ENHANCE YOUR REIKI WITH CRYSTALS

DESCRIPTION

I have been asked why I feel the need to use crystals in a Reiki treatment. I have discovered that whilst Reiki provides much-needed energy to support a person when they are ‘healing’, the crystals can provide a trigger to facilitating changes, which may be required to bring about a sense of balance and harmony. This workshop is a day of discovering how the vibrational energy of crystals can be used to enhance a Reiki treatment and how the differing energies of Reiki & crystals can work together.

PREREQUISITE

Attendees must be at least Reiki Level 1 attuned.

COST

From £40 (includes handouts & certificate of attendance)

DURATION

One-day workshop



JUST FOR TODAY

DESCRIPTION

This one-day workshop includes meditation & practical activities exploring the Reiki Precepts and how to incorporate them into your daily life.

*"The secret method of inviting blessings, the spiritual medicine of many illnesses
(Shōfuku no hihō, Manbyo no rei yaku)*

Just for today (Kyo dake wa):

Don't get angry (Okoru na)

Don't worry (Shinpai su na)

Be grateful (Kansha shite)

Work hard (Gyo wo hage me)

Be kind to others (Hito ni shinsetsu ni)

Mornings and evenings sit in the gassho position and repeat these words out loud and in your heart

(Asa you gassho shite kokoro ni neji kuchi ni tonaeyo)

For the improvement of mind and body (Shin shin kaizen)

Usui Spiritual Healing Method (Usui Reiki Ryoho)

The founder, Mikao Usui (Chossō, Usui Mikao)"

This workshop is suitable for all levels of Reiki, from Level 1 to Master Teacher.

COST

From £40 (includes handouts & certificate of attendance)

DURATION

One-day workshop



LISTEN TO THE REIKI

DESCRIPTION

A Reiki-filled day of self-treatment, guided visualisation, meditating, stilling the mind & listening to the Reiki, allowing it to guide you.

It provides an opportunity for

- those whose Reiki practice has fallen by the wayside, to reconnect
- practitioners who are always treating others to 'treat' themselves

Includes:

- Reiju Empowerment to strengthen your connection to Reiki
- Hatsurei Ho
- Reiji Ho

A mini Reiki retreat!

This workshop is suitable for all levels of Reiki from level 1 to Master Teacher.

COST

From £25

DURATION

Half-day workshop



MEDITATING WITH MANDALAS

DESCRIPTION

This workshop is a fun-filled day releasing your creativity and Inner Child. You will learn what mandalas are and how they can be used as aids to meditation, stress relief and self-discovery. You may discover things about yourself you never even realised!

You will be creating your own mandalas through:

- Colouring in ready-made templates
- Free-form mandala drawings
- Using items and objects such as crystals, shells, other natural objects, beads, buttons and much more

COST

From £40 (includes handouts & certificate of attendance)

DURATION

One-day workshop

COURSES

Dreamstone Holistics – Therapies & Training offer a range of longer courses some of which lead to an accredited, insurable qualification.

ACCREDITED

CRYSTAL THERAPY TRAINING

Dreamstone Holistics – Therapies & Training is currently a member of the Affiliation of Crystal Healing Organisations (ACHO)³ and, as a result, can offer accredited training in Crystal Therapy from Foundation through to Diploma Level.

ACHO and its members are dedicated to providing quality crystal therapy training, ensuring that students gain knowledge in the effective and safe use of crystals for the improvement of the holistic wellbeing of their clients.

On completion of the Foundation course students are eligible to be included on the ACHO Practitioner Register and gain insurance.

REIKI TRAINING

Dreamstone Holistics – Therapies & Training offers a “Reiki for Therapists Diploma” Course accredited by Complementary Health Professionals (CHP), which takes the student from Reiki Level 1 through to Reiki Level 3 Master Practitioner. The course adheres to the Core Curriculum of the Reiki Council and is NOS compatible.

NON-ACCREDITED

Dreamstone Holistics – Therapies & Training currently offer courses in Reiki (Level One through to Master Teacher) for personal development, Meditation Classes and Crystal Therapy Development courses. At present these courses are not accredited, although future plans include gaining accreditation with the Complementary Health Professionals (CHP).

³ More details can be found on www.crystal-healing.org

CRYSTAL THERAPY TRAINING

FOUNDATION COURSE

The course covers a subset of the required modules of the ACHO Core Curriculum and is the starting point for training to become a Professional Crystal Therapist.

This level is also appropriate for therapists already trained in other skills to:

- use as Continuing Professional Development (CPD)
- learn to use crystals safely & effectively alongside their existing therapies

The syllabus for the Crystal Therapy Foundation Level includes:

- Choosing and caring for crystals
- Linking to crystals
- Chakras
- The Subtle Bodies & Auras
- Basic crystal layouts and therapy techniques
- Dowsing & using a pendulum
- Grounding, shielding and protection
- Client management
- Health & Safety
- ACHO Code of Conduct & Policies

These are the topics which will be covered in the tutored workshops.

REQUISITE

Students will be expected to complete assessment exercises, case studies and, either already have or be prepared to gain a recognised qualification in Anatomy & Physiology.

DURATION

The course either comprises six one-day tutor-led sessions which may be run over

- a single week (*intensive*)
- three consecutive weekends (*intensive*)
- six separate sessions spread over a six month period

or a twelve-week evening course of 3 hour sessions.

COST

The full cost of the course is £350, which includes a £50 non-refundable administration fee which is paid when booking. Cost includes

- Course Manual
- Foundation Award on completion
- First Year of Registration on ACHO Practitioner Register paid on completion of the course and proof of practitioner insurance

There is an option to purchase a crystal starter kit for an additional £25

DHTT CRYSTAL THERAPY DIPLOMA (CHP/ACHO ACCREDITED)

The Crystal Therapy Professional Diploma comprises three stages with a break between each stage providing the student the opportunity to complete written assessment and case studies etc. before progressing to the next stage. Successful completion of all three stages including written assessment, practical assessment, case studies is a requirement before the Diploma can be awarded.

Students are eligible for free student insurance whilst they are studying this course.

STAGE 1 - PERSONAL WELLBEING

- This level is an introductory level, which is suitable for complete beginners or for existing therapists to enhance their skillset.
- There are no pre-requisites for studying this level.
- The course will either be taught as six one-day workshops or twelve 3-hour evening classes
- Can be attended for personal interest only i.e. case studies, assessment exercises etc. are not required

The course includes the following subjects and these are the topics which will be covered in the tutored workshops :

- Crystal Origins & Formation
- Choosing & purchasing crystals
- Storing, cleansing & caring for crystals
- Attuning to, charging, dedicating & programming crystals
- The Aura & Subtle Bodies
- Chakra Theory
- Grounding & Centring
- Working with the Quartz Family

The subject matter is divided into six units. Each unit will be covered in either a one-day session or two 3-hour tutor-led sessions.

Each session will also allow for practical work, guided meditation/visualisation and personal development

During the course students will build up a 'crystal compendium' as crystals are introduced through the learning of layouts & techniques

To continue to **Stage 2** students are required to successfully complete:

- 15 treatment case studies
- All assessment exercises issued for each unit
- 100% attendance of all tutor-led sessions
- Maintain a Reflective Practice Journal
- An online A&P assessment

Note for those wishing to study crystals for personal interest only the A&P course, written assessment & case studies are not a requirement

STAGE 2 - CRYSTAL THERAPY PRACTITIONER

This level continues from Stage 1 and pre-requisites include:

Completion of an appropriate A&P course (which is included as an additional home-study module for Stage 1);

15 treatment case studies

Completion of the **Stage 1** assessment questions

The course includes the following subjects and these are the topics which will be covered in the tutored workshops:

- Absent/Distance Healing
- Five Element & Meridian Systems
- Further Layouts & Techniques
- Relaxation & Visualisation Techniques
- Client Management & Health & Safety
- Setting up a Crystal Therapy Practice

The subject matter is divided into six units. Each unit will be covered in either a one-day session or two 3-hour tutor-led sessions.

Each session will also allow for practical work, guided meditation/visualisation and personal development

During the course students will continue to build up a 'crystal compendium' as crystals are introduced through the learning of layouts & techniques

A Certificate of Attendance will be provided at the end of the tutored workshops but this does not constitute a qualification but can be used for CPD purposes

To continue to **Stage 3** students are required to successfully complete:

- A further 15 treatment case studies
- All assessment exercises issued for each unit
- 100% attendance of all tutor-led sessions
- Continue maintaining a Reflective Practice Journal
- An online Health & Safety assessment

STAGE 3 - ADVANCED PRACTITIONER

This level continues from the Stage 2 and pre-requisites include completion of:

A further 15 treatment case studies

The Stage 2 Assessment questions

The Health & Safety online assessment

This level of the course comprises a series of one or two-day workshops focussing on the Five Elements, Meridians and personal development rather than a weekly evening course.

Subjects include:

- The Five Element Archetypes
- The Wood Element
 - Stones & Crystals for the Wood Element
 - The Liver & Gall Bladder Meridians
- The Fire Element
 - Stones & Crystals for the Fire Element
 - The Heart, Pericardium, Triple Warmer & Small Intestine Meridians
- The Earth Element
 - Stones & Crystals for the Earth Element
 - The Stomach & Spleen Meridians
- The Metal Element
 - Stones & Crystals for the Metal Element
 - The Lung & Large Intestine Meridians
- The Water Element
 - Stones & Crystals for the Water Element
 - The Kidney & Bladder Meridians
- Crystal Acupressure
- Crystal Reflexology

These are the topics which will be covered in the tutored workshops.

The subject matter is divided into six units. Each unit will be covered in either a two-day workshop. Each session will also allow for practical work, guided meditation/visualisation and personal development.

During the course students will continue to build up a 'crystal compendium' as crystals are introduced through the learning of layouts & techniques.

In order to receive the Diploma Award students have to:

- Have successfully completed Stages 1 & 2
- Attend a minimum of 12 days tutor-led workshops (can be a combination of 1-day & 2-day workshops totalling 12 days)
- Complete the assessment exercises issued at each workshop
- Complete a crystal project or 1000 word essay (subject matter and modality to be agreed with tutor)
- Carry out a minimum of 30 case study treatments
- Attend a practical assessment day and carry out a full crystal therapy treatment including consultation on an unknown person and be observed by an external verifier

BEYOND CHAKRA BALANCING

A five session course of 4-hours each, learning crystal therapy techniques for personal development and self-healing.

This is a workshop for those who have been working with crystals and already know the basics i.e. choosing, cleansing, charging crystals etc. and have felt themselves limited by only working on the Chakra System. It is not suitable for complete beginners.

There is no assessment requirement as the course is for personal interest only. A Certificate of Attendance will be issued at the end of the course but it does not constitute a qualification.

REIKI

WHAT DO THE DIFFERENT LEVELS OF REIKI MEAN?

If you want to learn Reiki for personal use and for treating family & friends, but do not wish to be an insured practitioner, charging for treatments or volunteering in hospices etc. then Reiki Level I is just right for you and you need go no further.

If you want to-

- Learn how to do distance healing
- Gain insurance
- Charge for treatments
- Volunteer in hospices etc.

Then Reiki Level II is the way forward, having gained Reiki Level I first.

If you feel that, having achieved Reiki Levels I & II that you want to further your practice but do not want to become a Reiki Teacher, then Reiki Level III (ART) is the natural progression.

For those who want, like me, to share what they have learned and spread Reiki further then Reiki Level III (Teacher) is the final stage.

COURSE STRUCTURE

The general method of teaching Reiki Levels is usually delivered via one- or two-day workshops, which means that there is a lot of information passed on by the teacher and, often, little time for the practice of giving & receiving Reiki. This was how I was taught Reiki. I prefer to teach Reiki in a more drawn out way i.e. as a series of evening classes or half-day workshops spread over a number of weeks. I feel that this method of delivery provides better opportunities for students to:

- Have time to assimilate the Reiki energy
- Ask questions to allay any doubts & worries
- Receive feedback
- Form supportive bonds with fellow students & myself
- Gain plenty of practice giving Reiki
- Receive Reiki to help them with their own development

FUTURE PLANS

It is my intention to develop my Reiki courses so that they may be accredited in future and this will involve introducing a formal assessment element in the form of written exercises, case studies and practical assessments. However, I will still offer a less formal Reiki Level I Course for those who simply want to use it for themselves.

REIKI LEVEL I (SHODEN) – TREATING THE SELF

Reiki Level One is the starting point for a person's Reiki Journey and is focused on self-healing and self-development, although the treating of family & friends is also included.

The 5 sessions cover:

- History of Reiki
- Reiki Lineage
- Energy Exercises & developing your sensitivity
- Introduction to chakras & aura⁴
- All about Attunements & Empowerments
- Level 1 Attunement
- Self-treatment
- 21-day cleansing
- Treating others
- Byosen Reikan Ho & Reiji Ho
- Mawashi
- Power Symbol & its uses



DURATION

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

COST

The full cost of the course is £120, which includes a £20 non-refundable administration fee which is paid when booking. Cost includes Reiki Level I Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £20 per session) – all sessions must be attended.

⁴ This topic is also covered in the one-day workshop Chakra Basics

REIKI LEVEL II (OKUDEN) – TREATING THE PUBLIC & SETTING UP A PRACTICE

A series of 3 hour sessions spread over 5 weeks covering Reiki Level 2 designed to provide ongoing support and continual development.

The sessions cover:

- Hasurei Ho
- Keteuki Kokan
- Level 2 Attunement
- The Harmony Symbol & its uses
- The Distance Symbol & its uses
- Distance & Absent Healing
- More on the Chakras
- Setting Up a Reiki Practice
 - Health & Safety
 - Client Management
 - Premises, Equipment etc.
 - Recording Information & Treatment Notes
 - Data Protection
- Other Useful Techniques



PREREQUISITES

- Have received an in-person⁵ attunement to Reiki Level One
- Provide evidence of attunement & lineage
- Been practising Reiki for a minimum of three months.

DURATION

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

COST

The full cost of the course is £120, which includes a £20 non-refundable administration fee which is paid when booking. Cost includes Reiki Level II Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £20 per session) – all sessions must be attended.

⁵ Attunements received as Distance Attunements will not be accepted

REIKI LEVEL III – ADVANCED REIKI TRAINING

This course is for those who wish have been practising at Reiki Level II and wish to further their knowledge and Reiki Training.

This course covers more advanced techniques including:

- Level 3 Attunement
- Revision of Levels 1 & 2
- The Master symbol & its uses
- The Kotodama
- Reiki & Crystals
- Introduction to Meridians & Five Element Theory
- Aura Clearing technique
- Further Development on Running A Practice
- Reiki & Meditation
- Using the Antakharana
- Manifesting Goals
- Creating & working with symbols

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PREREQUISITES

- Have received in-person⁶ attunements to Reiki Levels One & Two
- Provide evidence of attunements & lineage
- Been practising Reiki Level Two for a minimum of six months.

DURATION

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

COST

The full cost of the course is £170, which includes a £20 non-refundable administration fee which is paid when booking. Cost includes Reiki Level III Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £30 per session) – all sessions must be attended.

⁶ Attunements received as Distance Attunements will not be accepted

REIKI LEVEL III – TEACHER TRAINING

This form of teaching may be offered on a one-to-one basis and will be spread over a minimum of three months at a mutually agreed time.

It is expected that the course will include opportunities for the student to observe and participate in other classes to practice their teaching skills i.e. act as a Teaching Assistant.

The student will also be expected to develop their own Reiki Manuals under my guidance.

This course includes the following topics:

- Giving attunements for each level
- Giving Reiju empowerments
- Giving a healing attunement
- Planning lessons
- Creating resources
- Advertising workshops & courses
- The responsibilities of being a teacher



PREREQUISITES

- Have received in-person⁷ attunements to Reiki Levels One, Two & Three (ART)
- Provide evidence of attunements & lineage
- Been practising Reiki Level Three (ART) for a minimum of twelve months.
- Evidence of teaching experience (PGCE, DTTL, PTTL, CTTL etc.)

DURATION

The length of the course is dependent on the opportunities for attending lower level classes to gain experience of teaching.

COST

The full cost of the course is £350, which includes a £50 non-refundable administration fee which is paid when booking. Cost includes Reiki Level III Teacher Manual and Certificate, attendance at other level Reiki Classes for teaching experience.

⁷ Attunements received as Distance Attunements will not be accepted

REIKI FOR THERAPISTS DIPLOMA

Reiki for Therapists - An Accredited Course

This course is a more formal approach to Reiki with a view to providing an accredited qualification which adheres to National Occupation Standards for those wishing to offer Reiki in NHS or hospices etc. or who require an accredited qualification

STAGE 1

Stage 1 comprises five 3-hour sessions covering:

- History/Background/Definition of Reiki
- Reiki Precepts
- Self-treatment
- Byosen Reikan Ho & Reiji-Ho
- Level 1 Japanese techniques & Meditations
- Level 1 attunement
- 21-day Cleansing
- Personal Healing Response

STAGE 2

Stage 2 comprises five 3-hour sessions covering:

- Level 2 attunement
- Level 2 Symbols CKR, SHK & HSZSN
- Grounding & Centring
- Seated treatment
- Couch treatment
- Contraindications & Contra-actions
- Seven main Chakras & associations
- Layers of Aura
- Genetsu Ho, Gedoku Chiryō Ho, Sei He Ki Chiryō Ho & Keteuki Kokan
- Distance/Absent Healing
- Data Protection
- Record-Keeping
- Healing Response
- Treating paying clients
- Treating chronically/terminally ill clients
- Volunteering

STAGE 3

Stage 3 comprises three 5-hour sessions covering:

- Difference between attunement (initiation) & empowerment
- Level 3 Attunement
- Level 3 Symbol DKM
- Hatsurei-Ho & Reiki Shower Technique
- The Kotodama
- Chanting the Kotodama
- Aura Clearing Technique
- Introduction to Meridian System

- Introduction to Five Elements
- Reiki Healing Attunement
- Health & Safety
- Risk Assessment
- Fire Safety & Evacuation Procedures
- Insurance & Professional Bodies
- Code of Conduct

In addition to 100% attendance other requirements include:

- Completion of written assessment exercises
- Case studies
- Evidence of self-treatment in the form of a journal
- Practical assessment
- Evidence of studying Anatomy & Physiology

The certificate will not be awarded until all three stages and additional requirements have been completed.

The course is accredited by CHP and will adhere to the Reiki Council Core Curriculum

MEDITATION & MINDFULNESS

In 2012 I was amongst the first group of people to train with Mary Pearson & Helen Galpin, principals of the British School of Meditation, for their inaugural Teaching Meditation course and I am pleased to say I passed the course with distinction.

INTRODUCTION TO MEDITATION COURSE

This is an introductory course to meditation for those who wish to begin a meditation practice.

Topics covered:

- What is and is not meditation
- The benefits of meditation
- Simple breathing techniques
- Grounding & Centring
- Mindfulness Meditation
- Contemplation Meditation
- Mantra Meditation
- Walking Meditation
- Guided Visualisation



The course is designed to introduce the students to a variety of meditation techniques in order to assist them in finding a form of meditation which they are comfortable with and which they can develop into a regular practice to help them cope with the stresses of daily life

DURATION

The course is delivered in two tutor-led workshops which are run over one weekend.

COST

The full cost of the course is £100, which includes a £20 non-refundable administration fee which is paid when booking.



LOOKING AFTER YOUR CHAKRAS THE SEVEN CHAKRA SISTERS WAY

One of the books I always recommend on my courses when discussing chakras is Linda Linker Rosenthal's *The Seven Chakra Sisters*. The book looks at how our chakras interact and inter-relate through the medium of a fairy story where each chakra is personified. Using this book as a basis I have developed chakra in depth and highlighting ways in which it can be balanced.

The course includes:

- An overview of the Chakra System
- An in depth view of the Seven Main Chakras and their associated 'Sister'
- Raising the energy the Seven Chakra Sisters Way
- Exercises and meditations
- Self-assessment quizzes
- Working with crystals & essential oils

DURATION

The course is delivered in ten one-day tutor-led workshops which are run over a ten month span.

COST

The full cost of the course is £500 (£50 per session), which includes a £50 non-refundable administration fee which is paid when booking.

FURTHER INFORMATION

Details of dates & venues for all workshops & courses can be found on the Sea of Possibilities website – www.seaofpossibilities.co.uk

To book a place on any of the workshops & courses covered in this booklet or request further information please contact Helen:

Email: info@seaofpossibilities.co.uk

Websites: www.seaofpossibilities.wales
www.crystal-therapy.wales
www.reiki-therapy.wales

Telephone: 0751 600 1947

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