

This is a series of two hour introductory taster sessions designed to stimulate and further an interest you may have in a wide range of things healing and alternative.

If there is a demand further in-depth courses on particular subjects will be provided at a later date. Please do let us know what you would like more of !

The evenings are designed to be fun and to give you enough information to help yourself and your friends and family.

We are deliberately keeping course numbers small to allow easy discussion and offer individual attention to each participant.

Individual evenings are £10.00 each or save and pay £65.00 for the whole series of ten. Refreshments are included.

For further information please call Pamela on 01422 882791 or Fiona & Euan on 0845 4639429

Email for further information

[fiona@fionadilston.co.uk](mailto:fiona@fionadilston.co.uk)

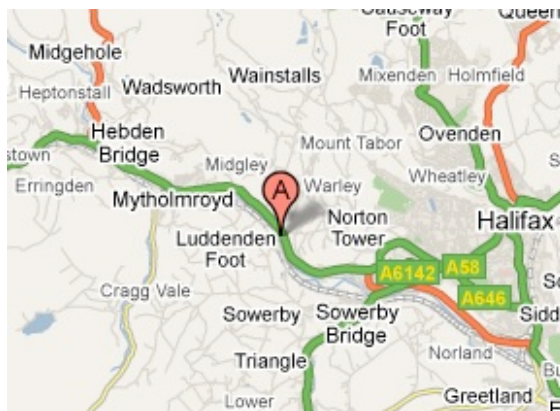
#### Your Course Tutors

**Fiona Dilston** is a Homeopath, Reiki Master, Counsellor, Gem Essence maker and Clairvoyant with many years of professional experience working in a healing role. Her aim is always to empower the individual and have them fulfil their personal potential.

**Euan Bayliss** has studied a variety of esoteric subjects and therapeutic techniques. He is a trainer and NLP Practitioner with a passion for self development.

**Pamela Nancarrow** has been involved in health matters for nearly fifty years as a teacher and trainer. She is a Reiki Master and qualified in Indian Head Massage and SCENAR. She passionately believes in helping people to help themselves to good health and self awareness.

#### We are Here



Try something different  
in 2010

**Evening Taster Courses**

on

**Thursday Evenings**

**7.30pm to 9.30pm**

The Pennine Healing Centre  
13 Burnley Rd, Luddendenfoot  
Halifax HX2 6AA

tel 01422 882791

### **1/ Jan 28th Detox spring clean**

We will be looking at toxicity on many levels, emotional, mental and physical. How we can detox and clear and move on from toxic issues in our lives. Finding ways to identify the blocks that are holding us back and sourcing self help methods that can provide us with greater health and happiness. **With Fiona**

### **2/ Feb 4th Goal Setting Part 1**

Come and set yourself on course to achieve in 2010! This short workshop will help you to turn those New Years resolutions into some meaningful goals and get you making a start on achieving them. The emphasis will be on turning vague wishes into meaningful and positive action, and discussing why so many New Years resolutions don't work. **With Euan**

### **3/ Feb 11th Numerology & Tarot**

Having a look at your numbers..the significance of dates and numbers in our lives, working with the tarot, its symbols and images to give greater understanding to this subject. Bring a list of significant dates with you. Tarot decks will be provided for you to use but bring your own if you prefer. **With Fiona**

### **4/ Feb 18th Intro to Crystals**

Working with crystals and gemstones to enhance and support you in your life. Care and choice of crystals. Healing with Crystals and gems. There will also be the opportunity to work with the Moonlight Gem Essences and find gems and crystals to suit your needs. **With Fiona**

### **5/ March 4th Mandalas**

For insight, healing and self expression. These circular drawings are as old as human culture. Making mandalas is great fun, they reveal messages from the unconscious that are invaluable for problem solving. Jung used them to assist his clients to reach their full potential. **With Pamela**

### **6/ March 11th Goal Setting Part 2**

Come and share your experiences in working towards your goals. This workshop will include time for those who attended Goal Setting I to discuss their experiences – allowing time to consider any barriers that have come up, and also use some alternative ways of looking at goal setting, as we look towards spring. **With Euan**

### **7/ March 18th Intro to EFT**

Emotional Freedom Technique is a very simple method of relieving stress, anger, worry and addictions. The basics of it can be learned in an evening so that you can then use it for yourself, friends and family. It is used by many health practitioners worldwide. No pain – much gain! **With Pamela**

### **8/ March 25th Dowsing**

You will learn how to phrase questions and use a pendulum to get answers to your questions. Pendulums and dowsing rods are provided for some exercises on the night. It's easy and fun, everyone can do it. **With Pamela**

### **Reply Slip**

**Name**

**Address**

**Phone number**

**Email**

**Please circle as appropriate below**

**I wish to attend all eight evenings for the discounted price of £65.00**

**I wish to attend the following at £10 each**

1/ Detox, spring clean

2/ Goal setting part 1

3/ Numerology and Tarot

4/ Intro to Crystals

5/ Mandalas

6/ Goal Setting part 2

7/ Intro to EFT

8/ Dowsing

**Total .....**

Cheques payable to **P.M. Nancarrow**

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