

RAINBOW HEALING

REIKI TREATMENTS
AND WORKSHOPS
INDIAN HEAD MASSAGE
HOPI EAR CANDLES

HELP YOUR BODY HEAL ITSELF
RELAX TENSE MUSCLES
INCREASE ENERGY LEVELS
FIND INNER PEACE

JUDY CAULDWELL
Reiki Master Teacher MBACAP
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www.rainbow-healing.org.uk

Lianelle

COUNSELLING
& THERAPY

Counselling is a safe way to work through a wide range of problems including relationships, self confidence, stress, anxiety, bereavement, childhood issues and other problematic areas.

For a confidential service in a private and peaceful setting, or to arrange sessions in your own home, contact

Shirley Hough
Cert Dip, Counselling, MBACP
01332 840485
36 Derby Road, Duffield, Belper, Derbyshire

Stressed? Anxious? Tense?

Join our Stress-Less and Relaxation
Workshop

However you describe it, it's an unpleasant feeling that affects both body and mind. Stress is now recognised as becoming one of the biggest problems we as human beings are having to deal with in the 21st century. It can prevent you from enjoying life to the full and from being focused on the things that are important to you.



All our staff are fully qualified to a minimum of degree level in health qualifications, are friendly, helpful and are committed to ensuring you gain as much as possible from your workshop experience.

Attending our stress management and relaxation workshop gives you the opportunity to gain the knowledge and skills required to take everything in your stride and regain control of how you react to situations and/or people.

The workshop is interactive so you can develop your own individual way to deal with difficult times. You will also experience just how good it feels to relax.

SUNDAY 26 OCTOBER
& SUNDAY
30 NOVEMBER 2008

For more information or for a booking form:
call: 01773 764 272 or email: info@derbyshirehypnotherapy.co.uk
or log onto www.stressmanagementderbyshire.co.uk

Sally Hellewell
Stress management consultant

Naturally Balanced Health

in partnership with

