

Primrose Retreat

Holistic Healing 'Chill out' Day Retreats
& Workshops for Body, Mind & Spirit
March– April 2010



Saturday 6 March	Sound Healing Day - learn healing through working with the voice with Deborah Mander . A vocal sound healing workshop which introduces exercises and simple movements to free up and tone the frequencies of the human body, mind and emotions. We will also be toning the chakra system to gently encourage release and harmony. This workshop will include simple songs and sacred chants and some basic Chi Kung movements. No previous experience necessary.	10am-4pm £30
Half Days Wed 11 March or Thur 1 April Full Day Saturday 24 April	Precision Reiki — Experience powerful new ways to direct Reiki healing energy. Learn simple hands-on healing techniques to identify specific points on the body to direct energy in a precise & focussed way. Includes self healing techniques & chance to experience a treatment yourself. Half day introduction. Full day training to enable you to use these techniques on yourself & others. Sally Rosemary	Half Day -Taster 10-1pm £20 Full Day - Training 10-4 £45
Friday 12 March or Friday 23 April	Manifest Your Dream Life Create A Vision Board for the Life YOU Want Come & share your dreams about what you want in your life – including your relationships, your health, your career & your finances in a relaxed, positive, creative & fun environment. Using flower essences, positive intentions & energy tools such as Vortex cards, you will be helped to manifest your dreams & clear any resistance to achieving what you wish for in your life. Come with an open mind & take care what you ask for, as you are likely to attract it!	10am-3pm £15 Bring Lunch to Share
Saturday 13 March	Raw Food Day with Marketa – Discover how to bring the living vitality of raw foods into your daily life. Simple & easy recipes & ideas. Delicious tastings. R adiant Energy & total body bliss F un & quick to prepare A wareness of healthy eating O utstanding tastes W eight loss naturally O pen to intuitive eating D elicious conscious superfood	11am-3pm £50 (includes all food) BRING A FRIEND FOR FREE
Sunday 21 March	Spring Solstice Celebration Primrose Retreat OPEN DAY – All Welcome Talks & Taster Treatments including Angel Healing, Precision Reiki, Flower & Tree Remedies & Essences, Theta Healing, Detox Footspa, Reflexology. 11.15-12.00 Sound Healing Group Session – discover how to heal yourself with your voice. Midday Meditation to celebrate the Solstice with Declan Kerr .	10am – 7pm Free Entrance Taster Treatments from £5
Saturday 10 April	Spring Detox Retreat – take time out to allow clearing of body, mind & spirit using naturopathic techniques & ancient Chinese wisdom. The focus for this Spring detox will be on the Liver & Gallbladder – preparing for growth on all levels. Practical, nurturing & informative day. With Shobana Patel & Sally Rosemary	9.30am-4pm £45 Includes lunch Only 8 places
Sunday 25 April	Find Your Other Half – with Declan Kerr Meditations, creative exercises & healing. Materials are taken from Declan's forthcoming book in which there are three other halves to find: - firstly to find your spiritual self; secondly to find romance and the sense of completeness with another; and thirdly to find oneness with everyone else and all that is.	10am - 4pm £35
Saturday 1 May	Healing with Angels with Declan Kerr How to connect with Angels & channel their healing energies for yourself or others. Open to all.	10am-4pm £35

Primrose Retreat – between Tamworth & Lichfield, Staffordshire
For information & bookings contact: **Sally Rosemary 01543 433520 07711 649175**
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If you'd like to know about future events – please contact us so we can add you to our mailing list