



**NEWSLETTER
SUMMER 2007
Dates for your diary!**

Ongoing Training for Reiki Natural Healing (Level One, Level Two, Advanced and Masters in Carlisle). Open to all.

2007 Nov 19-22 'Holistic Therapies' at Higham Hall, relaxation and self help for people who are Hard Hearing/deafened plus partner or friend. Book via Higham Hall. www.Highamhall.com

2007 Sept 29 Workshops at the Jane Beech Trust autumn meeting

2008 Jan 4-6 'Recover from Christmas – Welcome the New Year!' Relaxation, holistic therapies and lots more. Open to all. Book via Higham Hall. www.Highamhall.com

April 2008 Our third weekend at the lovely Haybergill Centre for Deaf women and their friends. Date to be confirmed

Would you like a special weekend all your friends will remember?

We can come to you! You will have a free place if you organise a group in your area. Watch out for our new leaflet!



Some comments from Haybergill April 2007

"I melted into another world." I had 'me' time and I chilled." I had a fabulous deep massage" "I feel rejuvenated." "I got rid of everyday stress"

For more information about any of our courses - please contact us!

In the meantime have a great summer.

Best wishes from *Ann, Caroline, Jen*