



**Cannock Chase Healing Retreat,
Holistic Healing Retreats
for Body, Mind & Spirit**

Training Courses

See website www.esentialhealth.co.uk

<p>Precision Reiki</p> <p>A Powerful Unique Way of directing the Reiki Energy</p>	<p>Precision Reiki can help to identify specific energy blockages within our physical body which can also be a manifestation of 'stuckness' in other areas of our lives. By identifying and releasing these restrictions, balance can be re-activated and our lives can flow: in our work, health and wellbeing, relationships and creativity. Precision Reiki helps empower therapists and individuals with increased awareness of the Mind/Body link & how our physical symptoms can give us insights into the 'bigger picture' of what is happening in our lives and how to activate beneficial changes. As well as learning new skills, participants find the day empowers them to take steps to move forward in their lives. It can be used for self healing and can be integrated into a wide range of other therapies.</p> <p>2 hour introduction £45 Full day course, accredited with the Complementary Medical Association (6 hours) £125</p>
<p>Phytobiophysics Flower Remedies</p>	<p>Discover how to use this unique range of remedies to bring harmony and healing on all levels of consciousness - Physical, Mental, Emotional & Spiritual. Can be used by therapists to enhance their existing therapies and treatments. Valuable for individuals to help their own wellbeing and help family, friends and pets.</p> <p>1 hour introduction £25 Full day course – 6 hours £65 (includes an introduction to the Tree Remedies)</p>
<p>Create your own Space Clearing Room Spray</p>	<p>Learn about a range of essences and aromatherapy oils and create your own therapeutic room spray to clear, cleanse and harmonise space in the home or at work. Includes space clearing with Vortex cards if required.</p> <p>1 hour £25</p>
<p>Dowsing with a Pendulum</p>	<p>Everyone has the ability to dowse / connect with their instincts / intuition to find out what suits them in terms of diet, lifestyles etc. Learning to dowse can be an invaluable skill to help keep yourself healthy. You will be shown how to use a pendulum for health and wellbeing.</p> <p>1 hour Introduction £25</p>
<p>Iridology for Health Analysis</p>	<p>Topics include analysis of the colours and markings in the iris of the eye to provide valuable information about inherited health tendencies & personality traits as well as strengths & potential vulnerabilities of various organs & systems of the body. This knowledge can be utilized by existing therapists to gain a deeper insight into their clients' health and wellbeing issues. Individuals can benefit from greater self awareness to best optimise their well-being through nutrition, detoxing & lifestyle.</p> <p>2 hour introduction £45 Full day course – 6 hours £75</p>
<p>An introduction to foot massage and basic Reflexology</p>	<p>Discover how the feet reflect the body and how therapeutic massage can assist with deep relaxation, stress relief, and provide a gentle way to boost the immune system, calm the digestion, help boost flexibility and balance the hormones.</p> <p>2 hour introduction £45 Full day course – 6 hours £75</p>

