

## HELEN'S COURSES

### • Reiki - the gift of healing •

*The word reiki means universal life force or energy and it's a traditional form of healing and self improvement originating in Tibet.*

*Everyone can learn reiki. We all have the ability to spread compassion and healing to those we care about and to the world in which we live. All of us have life force energy, essential for life and health.*

*All of us have some amount of healing energy coming from our hands. Reiki attunements enhance these abilities.*

*When you're attuned to reiki, your channels are opened to universal life energy. Receiving reiki attunements is a little like tuning a radio to a desired station, enabling you to channel healing energy for yourself or for others at any time for the rest of your life.*

### Reiki I

In First degree reiki, you learn about healing yourself and others and receive attunements to reiki energy. The two days are relaxing and informal with small groups, giving you plenty of time to experience and enjoy the art of healing.

**SEPTEMBER: Saturday 20th - Sunday 21st OR JANUARY: Saturday 17th - Sunday 18th  
2 days - £145 (includes manual) - 10am-5pm**

### Reiki II

Second degree workshops further strengthen the energy and you learn the ancient symbols and absent healing. Like reiki I, the two days are relaxed and informal and you can go on from here, if you like, to become a Reiki practitioner. The groups are small and tailored to the individuals participating.

**OCTOBER: Saturday 25th - Sunday 26th OR FEBRUARY: Saturday 21st - Sunday 22nd  
2 days - £160 (includes manual) - 10am-5pm**

(Third and master degrees can be arranged later on by request.)

### • WORKING WITH CHAKRAS •

Understanding the body's energy centres helps us work on deeper levels to release the subtle causes of stress and tension, ill health and emotional discomfort. This is a wonderful way to enhance your practice as well as helping yourself. The day will be relaxing as well as informative, with plenty of opportunity to experiment and discover new skills.

**1 day - £75 - 9.30am - 5pm**

### • LOOKING AFTER YOURSELF •

If you're caring for others means you need to care for yourself, too. On this revitalising, relaxing and informal day, we'll look at strategies that will help to energise, calm, clear and protect you, as well as explore healing, meditation and visualisation techniques to refresh and strengthen you.

**1 day - £75 - 9.30am - 5pm**

### HEALING EVENING

Everyone's a healer. Come and share our fun and informal monthly get-together to explore and enjoy the many benefits of healing. See how easy it is to help yourself and others, and the world in which we live.

**First Monday of the month, 7.30-9pm**

### RELAXATION EVENING

If you don't have time to come because you're too stressed and busy, this is for you! If you just take a couple of hours out to discover easy ways to relax, you'll be refreshed and reinvigorated so you'll be able to cope better. Yes really. See you there?

### COURSE TUTOR:

#### HELEN VINTNER EATON

RCST, MIFPA, MIFR. ITEC, AIHM, FAETC, DIP NUTRITION, REIKI MASTER/TEACHER

**Helen is a fully qualified craniosacral therapist, aromatherapist, reflexologist, nutritional adviser, reiki master/teacher, Indian head masseuse, teacher and writer.**

She is a member of the Craniosacral Therapy Association, the International Federation of Professional Aromatherapists, and the International Federation of Reflexologists. She also holds professional diplomas in aromatic Indian head massage; nutrition and diet; anatomy, physiology and massage; and reiki healing.

Helen ran a busy multi-disciplinary natural therapy clinic in Sussex for 12 years and was principal tutor of ISIS College of Natural Medicine, leading professional training courses and post-graduate tutorials in complementary medicine, as well as adult education courses in local colleges.

Formerly an editor and award-winning journalist, Helen still writes regularly for national publications. She also does work for Cancer Buddies Network ([www.cancerbuddiesnetwork.org](http://www.cancerbuddiesnetwork.org)) and Cats Protection ([www.cats.org.uk](http://www.cats.org.uk)).

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