Events & Workshops with Declan

January and February 2010

Thursday 14th January at the Healing Cottage Tamworth there are slots free for either angel healing or theta healing, lasting half an hour or one hour, and in the evening there's a two hour workshop on Enjoying the Transition, i.e. not only how to cope with the changes we're all going through but how we can enjoy them. The full programme of steps we can take was published in Kindred Spirit (Nov/Dec 2009) Cost of the evening workshop is £10. To book tickets please phone the Cottage on 01827 314952

Connecting to Angels, Saturday 23rd January one day workshop at primrose retreat. £35. Phone 01543 433 520 for further details or to book a place

Enjoy the Transition, evening talk in Moseley, Birmingham within the series of inspired evenings by **Tree of Life** is on Monday 25th January. Timings are 7.30 till 9pm and further information is on the web at www.treeoflifemagazine.co.uk or phone 0121 449 4086

Saturday 30th January there's a day workshop on Healing with Angels at Healthy Spirit in Didsbury, Manchester from 10am till 4.30pm. We run through the whole programme, who angels are, why we might feel drawn to channel their energy, and how to do this for ourselves and others. Will include experience of the 'cradle of healing' with Archangel Metatron. To book please phone Healthy Spirit on **0161 434 6784.** The cost is £35

This year there's going to be quite a focus for me on the themes of finding our other halfs. This may appeal to anyone who feels like there is more to life, or that something is missing, or who is longing for fulfilment. Our other halfs I see as being how we can find ourselves spiritually, from there how we can develop loving relationships, and then how we might experience oneness with everyone and everything else. There's a one-day workshop on finding your other half on Sunday 14th February where the focus will be on finding ourselves, and having found ourselves how to experience loving relationships. Cost is £35. Venue is Primrose retreat at Lichfield. Phone **01543 433520**

And there's more Angel Healing available on Saturday 20th February at Healthy Spirit in half-an-hour appointment slots which run from 2.30pm through till 4.30pm. The healing is with the angel healing group who are qualified and experienced practitioners. A donation of £5 is requested to help set against costs. To book please phone Healthy Spirit on **0161 434 6784**

Workshops & Events at Primrose Retreat

January – April 2010 – page 1

Saturday 9 Jan	**Business Alignment – Individual Taster Sessions with Declan Kerr** What are your plans for your business in 2010? Using a simple energy alignment technique, blocks or beliefs which contradict or impede your business aims can be released or changed. (Normal session price £150 for 2 hours)	1 hour taster sessions from 10am – 4pm £35 a session
Saturday 16 Jan	**Start the New Year with a Detox –** discover ways to cleanse the cells of the organs & body systems using gentle naturopathic techniques. Experience the benefits of juicing & cleansing foods. Refresh, invigorate & energise your body & your mind.	10am - 4pm £25 includes fresh juice + nourishing lunch
Saturday 23 Jan	**Connecting to Angels with Declan Kerr –** Learn how to connect with Angels for clarity, guidance & more fun in your life. Day also includes reading angel cards.	10am – 3.30pm £35
Sunday 24 Jan	**Precision Reiki** – Experience powerful new ways to direct Reiki healing energy. Learn simple hands-on healing techniques to identify precise points on the body to direct energy in a precise & focussed way. Receive a treatment yourself.	10am – 1pm £15
Sunday 31st Jan	**Flower & Tree Remedies with Sally Rosemary –** Talk & practical session on how the Phytobiophysics remedies can be an effective healing tool for you, your children & pets. Discover what your priority remedies are for you & your family – to bring balance to your body, mind & spirit.	2pm – 4pm £15
Sunday 14 Feb	**Celebrate Valentine's Day – Find Your Other Half – with Declan Kerr** Materials are taken from Declan's forthcoming book 'Finding Your Other Half' to celebrate St Valentine's Day. The focus will be on finding ourselves, and having found ourselves, how to enjoy loving relationships.	10am - 4pm £35
Sunday 21 Feb	**Yes You Can - Align to your Life Purpose** The focus is to assist you to find your life's purpose, what you came here to do and on accepting and opening to that purpose and allowing your life to happen in the way you have always wished for in your heart. The course will proceed by both group and one to one work, and there will be a wide range of tools for insight, healing, dissolving fears and blocks, living from the heart and integrating all aspects of yourself, including life alignment, theta healing, the unconditional love of angels, channelled messages, precision reiki and flower essences amongst others.	10am-4pm £45
Saturday 27 Feb	**Create your own Essence Spray** Join with Sue Fraser (Inspirational Artist, Channel, Author & Teacher) as she connects with your guides (Angels, Ascended Masters, Dolphins, Dragons, Elementals, Star Masters, Faeries, Goddesses, Mermaids, Unicorns, Wizards, etc.) to channel the 'recipe' for your personal Aura spray. ❖ Enter your sacred heart space to meet with your guides ❖ Receive practical channelled guidance on your spiritual journey ❖ Connect with flower elementals as we stir this magical potion ❖ Learn the meanings of your essential oils and flower essences ❖ Meditate with your completed Aura Spray	10am-4pm £50 All materials included

For bookings & further details contact: Sally Rosemary or Declan Kerr

01543 433520 07711 649175 e-mail: sally@escentialhealth.co.uk website: www.escentialhealth.co.uk

Workshops & Events at Primrose Retreat

January – April 2010 – page 2

Sunday 6 March	**Angel Healing – Taster Treatments with Declan Kerr** - at the Purpleluna 'Mind, Body & Spirit' event at Penkridge Golf Club, just north of Cannock	Taster sessions 30 mins £15
Sunday 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
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 **A** wareness of healthy eating **W** eight loss naturally **F** un & quick to prepare **O** utstanding tastes **O** pen to intuitive eating **D** elicious conscious superfood	11am-3pm £50 (includes all food)
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.	10am – 7pm Free Entrance Taster Treatments from £5
Saturday 27 March	**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.	10am – 4pm £45
Sunday 28 March	**Business Alignment – Group Session with Declan Kerr** Is your business flowing in line with your aims? The day will be about reviewing your business aims, identifying your priorities, and how best these can be achieved. Simple energy alignment techniques will be used to release any blocks or beliefs so that your business can flourish.	10am – 4pm £45
Saturday 17 April	**Tree of Life Mind, Body & Spirit Event, Moseley, Birmingham** – Declan will be offering taster sessions in Angel Healing. Sally Rosemary will be introducing the Phytobiophysics Tree & Flower Remedies	
Sunday 25 April	**Find Your Other Half – with Declan Kerr** 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

For bookings & further details contact: Sally Rosemary or Declan Kerr

01543 433520 07711 649175 e-mail: sally@escentialhealth.co.uk website: www.escentialhealth.co.uk