

Pendle Holistics

Events

29 October – **Mindfulness** 4 x 4 hr session course £160 commencing 13:00 to 17:00 Booking Essential

30 October – Pendle Holistics will be at Halloween Magickal Craft Fair at Barley Village Hall from 10:00 to 16:00

1 November – **Burnley monthly NLP Share** £5 with Lisa Briercliffe for all practitioners to meet and share their experiences Contact Lisa 07971729429

4 November 7pm – An informative talk to find out more about **Energy Medicine** and looking after your bodies energetic system with Rachel Jacobson, Eden Energy Medicine FREE

9 November 13:30 – 14:30 – **Winter Health with Herbs** £7.50 Find out how to stay healthy and well this winter with the help of herbs. Booking and payment required via Danielle Kay 07909 953666

10 November 7pm – **Are you addicted to sugar?** Learn how to become a sugar detective and more. A FREE talk by Jo Le'Febour.

17 November 7pm £15.00 **Herb of the Month** Get up close and personal and spend the evening with a selected herb. Taste and learn how to use it, its history and folklore. The evening includes a meditation. Booking and payment required via Danielle Kay 07909 953666

1 December 7pm – An informative talk to find out more about **Energy Medicine** and looking after your bodies' energetic system with Rachel Jacobson, Eden Energy Medicine FREE

8 December 7pm £15 **Herb of the Month** Get up close and personal and spend the evening with a selected herb. Taste and learn how to use it, its history and folklore. The evening includes a meditation. Booking and payment required via Danielle Kay 07909 953666

Sound Baths – bookable in advance £15

An immersion into the sound of Tibetan and crystal bowls, tongue drum, koshi chimes and other instruments. Get yourself comfy on a chair or floor and allow yourself some time to relax in the healing and restorative energy of sound. Arrive 7:15 pm for a 7:30 pm start.

16 November 7 December 11 January

Spiritual Development Circle - £5

1st and 3rd Monday of each month. Learn how to develop your spiritual awareness, protection and develop your communication channel. Including guidance and meditations.

7, 21 November

5, 19 December

Reiki Share £5

2nd Monday each month at 7:30 pm for those attuned

14 November

12 December

Monthly Drumming/Journeying Circle - £8

4th Monday each month at 7:30 pm. Bring your drum/percussion or share ours.

24 October

28 November

Wellness Saturdays

Mini therapies (Reflexology, Indian Head, Reiki, Theragem Crystal Light, Aromatouch Massage, Angel Card reading, Hopi Ear and Sound Healing)

Therapies bookable in advance - Guest Therapists/Practitioners each month

12 November - Danielle Kay will be here with her beautiful herbal teas and

Rachel Jacobson will be available to find out more about Energy Medicine and try a few techniques

Fri 30 December – A refreshing change - a beautiful day to recharge and get ready for the New Year.

Reiki Training

Reiki 1 – full day £135.00 Sunday 13 November and Reiki 2 – full day £150.00

Friday 11 November inc manuals and CD or let Andrea know if you are

interested and sessions will be planned according to need.

Free your mind chatter with Mindfulness - 4 sessions £160

4 week programme 13:00 – 17:00. Learn how to free your mind and reduce

your stress through mindfulness Saturday 29th Oct, 19, 26 November and 10

Dec

Andrea Jackson T: 07929 331142 www.pendleholistics.co.uk

63, Curzon Street, Burnley