



## NATURAL HEALTH WORKSHOPS

Come and join us for a series of workshops on aspects of health and wellbeing given by some of our therapists here at Vinings Natural Health Centre, Church Road, Haywards Heath RH16 3UF.

To book a place and for further details on the workshops visit our website where you will find the contact details of the therapists.

### September 2023

- 23<sup>rd</sup> **Autumn – a time of new beginnings.** 9.30 – 5.30pm  
We often think of Autumn as a time for pulling in, slowing down and preparing for Winter but it can be a great opportunity for change and growth. In this one-day workshop, we will explore how you can use the Autumnal energy to welcome and adjust to these and other changes in your life situation and fully embrace these new beginnings. Together we will look at using mindfulness, relaxation, meditation and connecting with both your feelings and thoughts to create a workable individualised plan based on practical application. All of this guided by your own inner wisdom.  
**Carole Thornton** £50 [carole@carole-thornton.co.uk](mailto:carole@carole-thornton.co.uk)

### October

- 14<sup>th</sup> **The Healing Power of Touch and Smell** 2 – 6pm  
Touch and smell are basic senses that we use everyday. In this half day workshop we will explore how we can combine the power of these senses to help in our day to day lives. Whatever our age, we can obtain tremendous benefit by understanding more about smell and touch.  
**Carole Thornton** £50 [carole@carole-thornton.co.uk](mailto:carole@carole-thornton.co.uk)
- 28<sup>th</sup> **Reiki 1 Attunement** 10 – 5pm  
This one day course enables you to use Reiki for self-healing and to share it with others simply through touch.  
**Sophia Russell** £150 [www.wisewomanwellbeing.co.uk](http://www.wisewomanwellbeing.co.uk)

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### November

- 4<sup>th</sup> **Reiki 2 Attunement** 10 – 4pm  
Following on from Reiki 1 for a more in depth understanding.  
**Sophia Russell** £225 [www.wisewomanwellbeing.co.uk](http://www.wisewomanwellbeing.co.uk)
- 11<sup>th</sup> **Herbal Remedies for Joints and Muscles -** 10 – 11.30am  
How to manage pain and inflammation in ageing joints followed by a demonstration on how to make a salve using natural oils and herbal ingredients.  
**Yaso Shan** £20 [www.yaso-shan.co.uk](http://www.yaso-shan.co.uk) [info@yaso-shan.co.uk](mailto:info@yaso-shan.co.uk)
- 18<sup>th</sup> **Homeopathic First Aid & Acute Illnesses** 10 – 5pm  
You will learn;
- What homeopathy is
  - Who and what you can treat
  - How to prescribe,
  - How to store and take remedies,
  - 18 basic remedies to manage accidents and common ailments
- Sophia Russell** £78 includes Homeopathic First Aid reference book  
[www.wisewomanwellbeing.co.uk](http://www.wisewomanwellbeing.co.uk)
- 22<sup>nd</sup> **Have you got the guts for good health?** 6.30 – 8pm  
Spend an evening with Nutritional Therapist Janine Thornton who will explain how digestive function is linked to immunity, mental health and chronic disease. Janine will share tips on how to optimise gut function and explain the mysteries of the gut microbiome. The evening will end with a zinc taste to measure levels and identify possible deficiencies.  
**Janine Thornton** £15 [www.medicinaleating.co.uk](http://www.medicinaleating.co.uk) [info@medicinaleating.co.uk](mailto:info@medicinaleating.co.uk)