



Sounds Wonderful
Chris James
www.chrisjames.net

JOY-FULL VOICE

A gentle Introduction to
Toning, Singing, Stillness
and Sound Healing

Thursday 13th May 2010
6pm-9pm

Cost: £30 / £25 before 13 April
At: St. Mary's Church Memorial Hall
Church Street, Attleborough
Norfolk NR17 2AH

Bookings & Enquiries:

BEVERLY BROWN

01953 454627

beverley.8@btinternet.com

Heidi Sinclair

The 'Orange' Lady

CAN I HELP YOU?
ARE YOU AT A CROSSROADS?
DO YOU NEED DIRECTION?

Natural Clairvoyant / Medium

I OFFER COMFORTING,
INFORMATIVE AND OFTEN
JOYOUS READINGS

For Private and Postal Readings
Contact Heidi on

01485 570034

Holistic Therapies Spiritual Guidance

I began my own journey many years ago, reading Tarot cards for myself and friends. I then became fascinated by crystals and after studying for a two-year period with the Crystal Healing Spiritual Ventures Association, gained my diploma to practise as a Crystal Healer.

During this time I developed my clairvoyance and mediumship, trained in Indian Head Massage (IIHMT) as well as training in the Usui/Tibetan Reiki Tradition to Master/Teacher.

In order to share these wonderful gifts and provide an opportunity for others to share theirs, I began an Awareness Group, which provides information, as well as offering spiritual and personal development evenings and workshops.

My path has now lead me to Norwich where I hope to continue this work as well as be open to the opportunities which continue to enrich my life.

Look out for new events and workshops for 2010



MEMBER OF:



Spirit
Essence

tel. 01603 414663 mob. 07876 225549 web. www.spiritessence.co.uk



Admission:
Adults £2
Concessions £1.50
Children under 16
FREE
if accompanied
by an Adult

13th-14th
March 2010

Mind Body Soul

Hewett School,
Hall Road, Norwich

OPEN: Saturday & Sunday 10am to 5pm

Complementary Therapies and Workshops
for Personal Growth and Spiritual Awareness

including Aura Camera | Crystals | Reiki | Tarot Readings

contact us on

01953 602993 for further details

www.diannebrannan.com

Next exhibition... 16th & 17th October 2010

Hall 1

1-2 Crystal Dimensions Energy School

Crystal Therapy courses and Crystals
01508 491749 / www.crystaldimensions.org

3 Neal Lappin - Shiatsu Backrub

01953 606194

5 Natural Spa Supplies Ltd

Mineral & Organic Skincare, Edible Clay & Water Pots
01603 474516 / www.naturalspasupplies.com

7 Heidi Sinclair - The Orange Lady

Natural Clairvoyant Medium / 01485 570034

8 The Pharaon

Egyptian Massage, Indian Head Massage

01603 622955 / 07766 141358 / www.thepharaon.co.uk

9 Kokopelli - Native American Indian Jewellery and

Artifacts / 07913 439213 / teresa@kokopelli.wanadoo.co.uk

10 Words of Peace - Message of the Heart, Prem Rawat

01603 466348 / www.wopg.com

12 INFORMATION & RAFFLE DESK

Raffle - In aid of East Anglian Air Ambulance

14 Pete Green - Astrology and Tarot readings

01953 601777 / 07849 636007

www.petegreen.co.uk / pete@petegreen.co.uk

15 Golden Light Essences - Pat Staines

A set of flower essences for transformation

01502 478081 / info@goldenlightessences.co.uk /

www.goldenlightessences.co.uk

16 Psy card readings by Pammy

07885 971717 / pammy.psy.cards@live.co.uk

www.krystal-clear-reading.co.uk

17 Addie Petravich

Celtic / Native American / Fantasy Artwork

01603 279353 / www.myowncreation.co.uk

20 Sandra Smith - Facial Reflexology and Japanese

Cosmo Face Lift / 01603 701705 / www.norwichreflexology.co.uk

21 Aura Soma Practitioner - Teoh Berry

Beautiful rainbow coloured oils, special essences,
pomanders, quintessences / 01603 279797 / 07977 443536 /
teoh.b@mac.com

22 Sweet Sensations - Pure, Natural Essential Oils,

and Herbal remedies from Egypt

01842 820000 / www.sweetensensations.co.uk

23 Arnaud Geanty D.O.

Cranial & Myofascial Osteopathy - Easton, Norwich
and Wymondham / 01603 880214 / arnosteo@aol.com

24 Rebecca Geanty

Crystal therapy / EIP of DNA - Bluebell Practice, Easton,
Norwich / 01603 880214 / www.crystal-attractions.co.uk

25 Laragh Spearman - Goddess Oracle (SATURDAY)

Tarot Readings / 07929 836342 / laragh68@yahoo.co.uk

25 Green Rose - International Psychic Artist (SUNDAY)

Victoria Neal / 01638 552559 / www.green-rose.org

26 Nikki Wheatman - Fashion Rockz handmade jewellery

07990 798685 / nikki.wheatman@btconnect.com

27 Stour Valley Organic Lavender - Home produced Organic

Lavender oils / flower waters / body care / 01255 880731 /
07999 863861 / www.organiclavenderoil.com

28 Amoghasiddhi Buddhist Centre (SATURDAY)

01953 451937 / www.amoghasiddhi.org.uk /
amoghasiddhi@onetel.com

28 Angelcloud - Tracey Reeve (SUNDAY)

Spirit guided messages (Readings)

01603 873396 / angelcloud@hotmail.co.uk

37 Marian Mills - Visionary Art and Heart of Love mentoring

01502 722538 / www.marianmills.co.uk

33 The Aloe Vera Company, Forever Living

Chris Coupe - 01603 491599 / www.livethelife.co.uk

34 Wolf Song - Joe Herne

Native American inspired leatherwork and crafts

01379 688332 / 07717 790013 / wolf.song@virgin.net

35 A Novel Idea Ltd - Books, Tarot Cards, Bookmarks, CD's

01493 855580 / 07817 543676 / anovellidea@talktalk.net

29 Diane Taylor - Lime Tree Therapies - Reflexology

01603 627890 / www.limetreetherapies.com

39-40 Essence of Earth

Spiritual Carvings and Crafts, also Individual Furnishings

from South East Asia / Richard Cleland 01603 630562 /

essence.earth@rocketmail.com

38 Chris Cozens - Academy of Holistic Training

Indian head massage / 07969 770741 / www.lifearts.co.uk /
chris@lifearts.co.uk

41 Suki Pryce - Handreading (Palmistry)

01263 510292 / www.suki-pryce.co.uk / sukipryce@hotmail.co.uk

42 Helaina Checketts - Craniosacral Therapy

01603 614586 / helaina.checketts@talk21.com

43 Jennifer Lynch - Angel Card readings

and Divine Guidance / www.angelswisdon.co.uk /

jennifer@magnetworkmagic.com / 01449 613433

44 The Avenues - Helen Martin

Hypnotherapy, Reiki / 01603 453066 / helenmartin4@sky.com

46 Aura Magic

Aura camera

01604 750748 / www.auramagic.co.uk / auralan@mac.com

48 Andi Pandi for Colour Readings

You Look at Ten Colours, I SEE Everything / 01638 603145

andi@pan-d-colour.co.uk / www.pan-d-colour.co.uk

49 Josephine McCoy

Psychic readings, Clairvoyant, Medium readings, Healer, Teacher

01603 702293 / www.realenergytherapy.co.uk

50 Sandra Cooper - Rocksalt Lamps and other

Crystal lamps and Tea Light holders

07709 538922 / www.crystalite.co.uk

51 Tina Wilkins

Crystal Flower and Card readings

01603 414663 / www.spiritessence.co.uk

52 Angels - Maria Zagni

01603 713264 / theangelinihealingcentre@hotmail.co.uk

54-55 The Cinnabar Gem and Gift Shop

Crystals, Gifts, Jewellery, Fairies, Buddhas and Therapies

01603 478263 / www.cinnabargemgift.co.uk

56 Metamorphic Technique / Tripuri Dunne

01953 603449 / 07974 63488

tripuri@btinternet.com / www.tripuridunne.co.uk

57 Cathy Flynn - Astrologer

07748 834818

58 Demont Crafts and Gifts - Handpainted boxes

01603 444853 / rachel.matthews10@ntlworld.com

59 Spirit of Harmony (SATURDAY)

Lavender Crystals & Oils - Diane Mactavish

01493 661315 / diane.reiki@btinternet.com

61 Melanie Elliott - Tranquil Balance

Reiki Master Teacher, Crystal therapy, EIP, Massage

07941 378301 / www.tranquilbalance.co.uk

62 Andrew Scott - Chainmail Jewellery, Viking,

Saxon pottery & Leatherwork / 01603 734809 /

warriorofodin@hotmail.co.uk

63 Gary Wilkinson - Spiritual Healer, Tarot & Clairvoyant

readings / 01603 483648 / 07767 384655 /

www.healmaster.com

64 Warren Van der Eb. ART (Regd) (SATURDAY)

Advanced Reflexology / 01953 788791 /

www.advancedreflexologyuk.com / reflex1@sky.com

65-67 Geringaia Crystals

Crystals, minerals, fossils & fine gem jewellery

geringaia@btinternet.com / 01502 578998

68 Paula Grierson - Craniosacral Therapy (SATURDAY)

for Babies, Adults and Children

07977 569582 / www.still-works.co.uk

68 Ralph Nimmann (Rainbow Dance Cambridge) (SUNDAY)

Dances of Universal Peace / 01223 510442

www.rainbow-cambridge.org.uk/dance /

dances@rainbow-cambridge.org.uk

70 Michal Milas - Sound of Soul (SATURDAY)

Let Tibetan Gongs and Singing Bowls, lift you up and

lighten your mood / 07804 632295 / www.soundofsoul.co.uk

Saturday 13th March

12.30 Astrology - Help us to understand how we tick with Cathy Flynn.

Astrology is a fascinating tool that enables each us to find out more about our selves by looking at the information contained in our own natal charts. In my talk I work through a natal birth chart to give a basic understanding of how we read a chart and the sort of information that is available to be gleaned from it.

1.30 Mediumship Demonstration with Maureen Flynn - Admission £3

Maureen will share the knowledge and proof that there is Life After Death.

2.30 Introduction to the Metamorphic Technique with Tripuri Dunne

Transform yourself from who you are to what you can be.

3.30 'GONG BATH' Michal Milas, Sound of Soul

Experience the sounds of the tonal tree of life where powerful gongs will lighten your mood.

Sunday 14th March

11.30 Crystal therapy can enhance your health & wellbeing with Rebecca Geanty - Admission £3

12.30 Relaxation and Meditation with Melanie Elliott. - Admission £1
Learn how to relax your body, quieten your mind with creative visualisation.

1.30 Gary Wilkinson demonstrating the power of spiritual healing and talking about how we all have angels with us helping us always.

2.30 Wild Washing How 21st century washing is making us ill and what we can do about it. With Sally Mittuch B.A. Hons (PGCE). Natural Spa Supplies Ltd.

3.30 Dances of Universal Peace with Ralph Nimmann, Rainbow Dance. Experience the power of chanting sacred phrases while dancing in a circle. Energetic to meditative.

Hall 2

70 Kimberley Dawn Carpenter (SUNDAY)

Aromatherapy hand massage, Face massage, Ear candling

07900 625599 / info@kimberleydawn Carpenter.co.uk

71 Angelic Enchantment - Julie Edge

Cherubs, fairy gifts and figurines

07962 022525 / julia_edge@hotmail.com

72 Gill McDonald / Tarot and Rune readings

07707 728761 / www.lilithscave.com / merrowe@aol.com

73 Mystic Worlds

Paranormal Investigations, Books, Decks, StoneAge and

Mystic Jewellery / 07758 485217 / www.mystic-worlds.co.uk

74 Reflexology - Sue Hollis MAR

01603 447773 / solehealthreflexology@hotmail.co.uk

75 Plumdragon Cards & Prints, Angels, (SATURDAY)

Dragons, Faerie. Original & Inspirational Art, crafted in Norfolk

76 Vikki Fosdal - Numerology and Sacred Geometry

Card Readings / 01603 717074 / www.lightweaver.co.uk

77 Maureen Flynn - Medium / Counsellor

01206 868082 / mrr2002@ukonline.com

78 Sue Clyne - Fantasy Art

01603 406236 / www.suesmysticalminds.com

79 Nicely Naturals - Wendy Chapman

Hand blended bodycare products / 01508 532463 /

www.nicelynaturals.co.uk / wendy.chap@btinternet.com

80 Anita Childs, Healing Hands, Helledson

Seated Reiki and Indian Head Massage

01603 418772 / www.healinghandsnorwich.com

80 Deborah Trafford, ITEC, MAR.

Reiki, Dip AOSM, Acupressure Massage and

Book promotion / 01603 720467 / d.trafford@amserve.com

81 Dawn Chrystal - Angel guidance / Bach Flower

01493 369545 / www.dawnchrystal.co.uk /

dawn@astara.plus.com

82-83 National Federation of Spiritual Healers

For Information: Sue Brodie

01362 687792 / suejbrodie@yahoo.com

84 Julie Sherman-Case - Psychic Artist

01603 740991

84 Tracy Robinson - Glitter tattoos



3pm Saturday a Short demo on the stage
by Norwich Fei-Yan Taiji & Qigong School

Tel 01603 465189

Email taichischool@ntlworld.com Website www.taichi-norwich.co.uk

WORKSHOPS