

SATURDAY 11.30 - Admission £1

Phil Griggs - Past Life regression and future progression with hypnotherapy

A fascinating workshop incorporating theory with practical demonstrations and the possibility that you have lived many lives upto this one. The experiences are countless but significant to this life as you may find out!

SATURDAY 12.30 - Admission FREE

Cathy Flynn - 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 ourselves by looking at the information contained in our own natal charts. I'll show you how to read a chart and glean information from it.

SATURDAY 1.30 - Admission £3

Maureen Flynn - Mediumship Demonstration

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

SATURDAY 2.30 - Admission £1

Melanie Elliott - Relaxation & Meditation

Learn how to relax your body, quieten your mind with creative visualisation.

SATURDAY 3.30 - Admission FREE

Gary Wilkinson - The Power of Spiritual Healing

Gary demonstrates the power of spiritual healing and talks about how we all have angels with us helping us always.

SUNDAY 11.30 - Admission FREE

'Gong Bath' - Michal Milas, Sound of Soul

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

SUNDAY 12.30 - Admission FREE

John Levine - 'How to Find Your Inner Voice?'

We all need answers, but how can we find them? Who can help us? How can we find the truth? John will be showing the inside secret steps using his Alphamusic and simple steps on how to receive and hear your inner voice.

SUNDAY 1.30 - Admission FREE

Learn to Meditate with Nic Simpson

Nic from the Amoghasiddhi Buddhist Centre of Attleborough will show you how to meditate.

SUNDAY 2.30 - Admission FREE

Sound your Whole Being: Voice Movement

In this experiential workshop we will be focusing on grounding the self in the body and expanding our voices through specific vocal techniques, breath, imagery and movement. Explore the relationship between voice, body and psyche.

SUNDAY 3.30 - Admission FREE

Anita Childs - Meditation workshops & retreats

Experience deep relaxation using the breath and a guided meditation - an inner journey of beautiful imagery.

A demonstration of Yoga for children by Yogabugs

Yoga classes for children aged 2-7 yrs through indepth stories & adventures.

Sunday 17th October - 3pm on the stage in Hall 1



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

16th - 17th October 2010
Hewett School, Hall Road, Norwich
OPEN: Saturday & Sunday 10am to 5pm

Complementary Therapies and Workshops
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Yvonne Prosser AMIH
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- Reiki 1 (Heal Yourself)
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- Past Life Regression
- Raise Your Vibration
- Spirit Guide Contact
- Remote Energy Viewing
- Empower Yourself with Self Hypnosis
- Hypnotherapy

Tel: 01603 446150
E-mail: LilacRayKi@ntlworld.com
Ask about new workshops coming in 2011

contact us on
01953 602993 for further details www.diannebrannan.com
Next exhibition... 5th & 6th March 2011

- 01 Phoenix Glassworks - Sally McSheehy**
07592 729148 ~ www.phoenixglassworks.co.uk
- 02 Neal Lappin - Shiatsu Back-rub**
01953 606194
- 03 The Visionary Art of Tony Pinfold**
Art for Contemplation, Meditation & Motivation
www.tonypinfold.com ~ tonypinfold@me.com
- 04 Cymatherapy (Sound & Magnetic therapy) ~ SAT only**
combined with Crystals
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- 04 Funky Shoes and Accessories ~ SUN only**
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- 05 Laragh Spearman - Goddess Oracle Tarot readings**
07929 836342
www.healingtherapiesnorwich.co.uk ~ laragh68@yahoo.co.uk
- 07 Heidi Sinclair - The Orange Lady**
Natural Clairvoyant Medium ~ 01485 570034
- 08 The Pharaon**
Egyptian Massage and Indian head massage
01603 622955 ~ 07766 141358 ~ www.thepharaon.co.uk
- 09 Kokopelli - Native American Indian products and Jewellery**
07913 439213 ~ teresa@kokopelli.wanadoo.co.uk
- 11 Ian Greengrass - Scalar Energy healing ~ SAT only**
07979 753352 ~ www.iangreengrass.co.uk
- 11 Linda Johnson - Animal healing and ~ SUN only**
Balinese hand carved wooden angels, buddhas etc.
07904 580431 ~ www.animalhealer.co.uk
- 12 Information & Raffle Desk**
Raffle in aid of Norfolk Air Ambulance
- 14 Sweet Sensations - Pure Natural Essential oils & Herbal remedies from Egypt**
01842 820000 ~ www.sweetsensations.co.uk
- 15 Crystal Dimensions Energy School - Lisa Ireson**
Crystal Therapy Courses & Crystals
01508 491749 ~ www.crystaldimensions.org
- 17 Pete Green - Astrology & Tarot readings**
01953 601777 ~ 07849 636007 ~ www.petegreen.co.uk
- 18 Addie Petravich**
Celtic, Native American and Fantasy Artwork
01603 279353 ~ www.myowncreation.co.uk
- 20 Sandra Smith - Facial Reflexology & Japanese Cosmo facelift**
01603 701705 ~ www.norwichreflexology.co.uk
- 21 Aura Soma Practitioner - Teoh Berry - Rainbow coloured Oils, Essences, Pomanders and Quintessences**
01603 279797 ~ 07977 443536 ~ teoh.b@mac.com
- 23 Arnaud Geanty D.O. - Cranial & Myofascial Osteopathy**
Clinics at Easton - Norwich - Wymondham
01603 880214 ~ amosteoa@aol.com
- 24 Reflexology - Sole Health by Sue Hollis MAR**
07896 906485 ~ solehealthreflexology@hotmail.co.uk
- 25 Green Rose - International Psychic Artist ~ Victoria Neal**
01638 552559 ~ www.green-rose.org
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- 28 Amoghasiddhi Buddhist Centre**
01953 451937
www.amoghasiddhi.org.uk ~ amoghasiddhi@onetel.com
- 29 Trudy K Lee - Life Coach, Relaxation, Stress Management**
01508 494989 ~ www.stressmanagement-lifecoach.com
- 30 A Novel Idea Ltd**
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- 32 Marie Long - Holistic Therapist, Spiritual Artist ~ SAT only**
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- 32 Crystal Sanctuary - Sarah Denney ~ SUN only**
Crystal Chakra balancing and Reiki
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- 33 The Aloe Vera Company, Forever Living - Chris Coupe**
01603 491599 ~ www.livethelife.co.uk
- 34 Julie Grimes - Earth Angels**
Glastonbury Tarot cards reader
01603 720223 ~ www.glastonburytarotcardsreader.co.uk
- 35 NFSH - The Healing Trust ~ For information: Sue Brodie**
01362 687792 ~ suejbrodie@fsnet.net
- 38 Alphamusic of John Levine - Composer, pianist,**
radio presenter, meditation, mental and physical well-being
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- 40 Norfolk Voice Movement Therapy Centre ~ SUN only**
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- 56 Claire George - Reflexology**
07784 487389 ~ www.the3elements.co.uk
- 57 Cathy Flynn - Astrology and Tarot**
07748 834818
- 58 Yogabugs Norwich - Yoga classes for children aged 2 - 7 yrs old, through indepth stories and adventures**
0845 899 7174 ~ www.yogabugs.com ~ mary-ann@yogabugs.com
- 59 Phil Griggs - Psychic, Medium, Tarot & Palmist ~ SAT only**
07739 023463 ~ www.philgriggs.com ~ phil.griggs@ntlworld.com
- 59 SAGE - Tarot readings ~ SUN only**
25 years experience within esoteric work
01728 638580 ~ magic61@hotmail.co.uk
- 60 Melanie Elliott - Tranquil Balance**
Reiki Master Teacher, Crystal therapy, EIP and Massage
01603 713334 ~ www.tranquilbalance.co.uk
- 62 Alison Whittle - Shiatsu ~ SAT only**
07762 259974 ~ alwhittle1@aol.com
- 62 Mind, Body and Soul ~ SUN only**
Centre for complementary health and psychological therapies
01603 629432 ~ www.norwichmind.org.uk
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