

# Self Care & Self Healing Workshop



**Do the stresses of life get you down?  
Do you want to help yourself?**

The Self Care and Self Healing workshop can teach you how to make positive changes to your life.

The Self Care and Self Healing workshop will teach you about:

- Making positive changes to your lifestyle.
- Coping with stress.
- Meditation and its value.
- The Aura.
- The Chakras.
- Visualisation techniques.

**Take the first step towards bringing life back into balance.**

**Date:**

**Venue:**

**Time:**

**Cost:** £100.00 (£50 deposit payable upon booking)

For details please contact:



**THE COLLEGE OF HEALING**  
[www.CollegeofHealing.org](http://www.CollegeofHealing.org)

Registered Charity No: 519085



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