



Tuesday 7th May 10.45-11.45 quantum parenting course Saturday 11th
May 9.30-10.30 Hypnotherapy course

Mondays from 13th May 9.30-10.30 Mothers and babies Chakra balancing
11.00-12.00pm 1.30pm-2.30pm Qigong 7.00-8.00pm Male yoga

Tuesdays from 14th May 12.00-13.00 A journey of soul connection

Wednesdays from 15th May 1.00-2.00pm shamanic journeying 2.30-
3.30pm Womb healing 6.15-7.15pm Yin yoga 7.30-8.30pm Mindful
movement

Thursdays from 16th May 3.00-4.00pm Qigong 4.15 - 5.15pm Teenage
empowerment circle 7.30pm-8.30pm Patterns in purpose

Fridays from 17th May 9.30-10.30 Hatha yoga 10.45-11.45 Soundbath
12.15 - 13.15 shamanic healing 13.30-14.30 Voice circle

Saturday 18th May 11.00 - 4.00pm Spring retreat

Please contact the practitioners directly through
www.yourinnehealer.co.uk to book your spot.

Coming in June- An introduction to Quantum Parenting starts on Thursday
6th June at 11.30am 12.30pm and Saturday soundbaths.

Coming in September - Mindfulness for adults and mindfulness for mums.
Watch this space!

Please book directly with practitioners or
Email: Thehealinghubno.9@gmail.com

Prices

Courses

Prices are per person

Yoga with Lucy £12.00 per session. Courses are bought in blocks. Please contact Lucy to book or for more information. Tel. 07775254637

Qigong with Caroline £12.00 per session. Courses are bought in blocks. Please contact Caroline to book or for more information.
carolinereed111@outlook.com or 07770380691

Soundbaths with Inga 3 consecutive sessions £36.00. Please contact Inga to book or for more information. www.yourinnerhelaer.co.uk
innerhealer3@gmail.com or 07933842112

Teenage empowerment with Inga 2 consecutive sessions £20. Please contact Inga to book or for more information. www.yourinnerhelaer.co.uk
innerhealer3@gmail.com or 07933842112

Movement, Harmony and wellbeing with Mimi £12.00 per session. Courses are bought in 6 week blocks. Total cost £72.00 per person. Please contact Mimi to book or for more information. siwithmimi@gmail.com or 07595702874

Parent/carer and child group movement with Mimi £10 per session. Courses are bought in 6 week blocks. Total cost £60.00 per person. Please contact Mimi to book or for more information. siwithmimi@gmail.com or 07595702874

Men's Yoga with Tim £12.00 per session. Courses are bought in blocks. Please contact Tim to book or for more information.
www.timcumminsyoga.com

Specialised courses

Prices are per person

Hypnotherapy with Joney - Group course – 4 sessions . Total cost £100.00

www.joneymcnamara.co.uk

Shamanic healing with Inga– Group course- 3 sessions. Total cost £75.00

www.yourinnerhelaer.co.uk innerhealer3@gmail.com or 07933842112

Chakra balancing with Inga – Group course- 3 sessions. Total cost £75.00

www.yourinnerhelaer.co.uk innerhealer3@gmail.com or 07933842112

Womb healing with Inga – Group course – 3 sessions. Total cost £75.00

www.yourinnerhelaer.co.uk innerhealer3@gmail.com or 07933842112

Life coaching with Hannah- Patterns in Purpose £30 per session. Courses are bought in blocks. Please contact Hannah for more information.

hannahwhitrow@hotmail.co.uk or 07760806070

Quantum parenting with Julie- Group course – 3 parts. Each part stand alone with 3 sessions.

Part 1 - £75

Part 2 - £75

Part 3 - £75

Or £200 for all three parts paid in advance.

Julie Quantum parenting and journey to soul connection

www.julieferrisquantumparenting.co.uk

Specialised courses are charged at £25 / £30 per person per session and are booked in packages. Please contact the practitioners directly for more information.

All practitioner also offer individual sessions, with flexible times and days. Please contact them directly for prices and to book.

Practitioners contact details

Joney Hypnotherapy and journalling www.joneymcnamara.co.uk

Julie Quantum parenting and journey to soul connection
www.julieferrisquantumparenting.co.uk

Michelle Rochester (Mimi) Mindful movement siwithmimi@gmail.com or 07595702874

Lucy Rutherford Yin yoga and Hatha yoga 07775254637

Tim Cummins Male yoga www.timcumminsyoga.com

Caroline Reed Qigong and crystal healing carolinereed111@outlook.com or 07770380691

Inga Lamb Chakra balancing shamanic healing, soundbaths, voice circle teenage empowerment, womb healing www.yourinnerhelaer.co.uk
innerhealer3@gmail.com or 07933842112

Hannah Whitrow Life coaching Patterns in purpose
hannahwhitrow@hotmail.co.uk or 07760806070

Emma Cambourne Mindfulness johnsonemma007@hotmail.com or 07980643459

Nereida Olives The artist within nereidaolives@gmail.com or 07497193439