

Healing Hands

By
Alicia

She would offer following treatments at the Explore Yoga and Wellness Festival.

Treatments:

Indian Head - £30 for 30mins
£15 for 15mins

None invasive (no need to undress) seated massage. Indian head massage does not only focus on the head and scalp as its name suggests but also works on the upper back, arms, neck and face too. Pressure points are used and individual pressure preferences applied.

Swedish Massage - £30
for 30mins

Deep tissue massage mainly used for breaking down fat, reducing cellulite and relieving tight, tensed muscles. Its exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and decreases stress.

Reflexology and Foot Massage - £40 for 60mins
£20 for 30mins

A therapeutic method designed to rebalance the whole body by stimulating/manipulating predefined pressure points on the feet. These points connect directly through the nervous system to the bodily organs and glands. Controlled pressure is applied which encourages the body to heal itself. Promotes good health, prevents illness and pain. Imbalances are detected and shared with you to increase self awareness.

Chakra Balancing - £30 for 30mins

Aligning the chakras (energy wheels

Alicia is from a therapy based back ground and has been practicing Holistic Therapy for 16 years, Teaching for 14 years, Mentoring and Coaching for 12 years within a variety of roles.

She has worked in many health and social care environments and educational settings: from clinics, rehabilitation and mental health centres to schools, youth clubs, community educational settings and training centres. She has worked alongside GPs and other health care professionals assisting and complimenting the work they specialised in.

Naturally solution focused, Alicia is highly skilled at empowering and inspiring people where ever she goes. Full of dynamic, magnetic energy Alicia guides and motivates people with ease and is always enthusiastic to help and assist in any way she can. She is a natural and trained problem solver able to discover and reveal the root cause of a problem or challenge. Implementing unique techniques to resolve the issue and create balance.

The majority of her work focuses on coaching clients and if necessary treating them with the many therapies she offers that are most effective for their needs. She has much experience in providing techniques and treatments to support and encourage clients to develop and maintain a happy, healthy balanced daily life, recover from physical, mental and emotional imbalances, transform challenging life experiences and to create and live a life that is in alignment with their dreams and aspirations.

Genuinely caring and compassionate, her entire career has been dedicated towards a client - centred practice that places a premium on the progress towards the clients goals.

Alicia specialises in the following areas:

Holistic Education

Educational Intervention

<p>of the body) for physical, mental, emotional and spiritual balance.</p> <p>Hopi Ear Treatment - £35 for 45mins</p> <p>Specialised treatment using candles to draw out toxins and releases blockages from the whole body. Can be used for many conditions including deafness caused by excess wax, congestion, sinus problems, irritation in the ears, tinnitus, rhinitis, hay fever, glue ear, colds, flu, headaches and migraine. Assists weight loss. Includes head massage and face draining points.</p> <p>Hand and Foot Massage - £20 for 30mins</p>	
<p>Aimee Cater 20 minute treatments; Head, Face, Neck, Back, Shoulders, Hands, Feet Full Body Massage 1 hour £35 40 mins £25 20 mins £15</p>	<p>After studying Ayurveda and Panchakarma in Kerala 4 years ago, I have since been heavily influenced by the world's most ancient health system. Ayurveda gave me a whole new perspective on the interconnectedness of our mind, body and soul, as well as the world around us, and how those things impact our physical and mental health. Ayurvedic practice uses subjective observation to provide holistic, natural treatments to heal and maintain balance. Ayurvedic massage relaxes, rejuvenates, improves circulation and aids detoxification to name a few of its many benefits. I will be massaging using warm, Ayurvedic herb infused oils to in any combination of the following;</p>
<p>Clare Partington Reflexology 30 mins - £30</p>	<p>Clare Partington trained as a teacher at the Froebel Institute in London, combining education with ballet and contemporary dance. She first put on a pair of ballet shoes at the age of three, taking classes with the famous Ballet Rambert. It has remained a lifelong passion, along with Argentine Tango. She plays and teaches the piano and harp, and her love of travel, takes her regularly to India. Here she attends yoga classes, has Ayurvedic treatment and has been able to study some aspects of Ayurveda, which she incorporated in her Therapy Practice. She is trained in Reflexology, Swedish body massage and is a Reiki master, and has just finished a seven year course in Homoeopathy. She is also a mother of five. Her travels to India, where she experienced different disciplines of Yoga, and spent time immersed in the culture, made her want to study Yoga at a more profound and meaningful level. She was lucky enough to meet Anand and Ildy and become a student of the Kundalini Tantra teaching training course. It has been truly transformational.</p>
<p>Ildiko Dorko Tibetan Healing 30 mins - £30 Tibetan Massage 30 mins - £30</p>	<p>Tibetan healing and massage therapist. Improve your health the Tibetan way, whether it's pain, injury, stress, anxiety or insomnia, Ildiko has a treatment to help you limit the impact of these conditions on your quality of life. Massage is one</p>

	<p>of the most important external therapies. Not only does it contribute to the well-being of the patient, but it can also be an excellent therapeutic support and help to treat minor disorders. Massage is an ancient therapy mentioned in the very first texts of Tibetan medicine dating back over 4,000 years. Many people live with pain and often don't realise how tense their muscles are and how much energy it takes out of them until they are massaged. The massage can be an introspective journey which shows us what it feels like to be in harmony with ourselves and to experience the joy of a freely breathing and moving body. The massage is the interaction of touch – hand contact with the body, the head, hands and feet. However, the massage doesn't only affect the skin, it goes even deeper to the muscles and bones as the careful, thorough massage flows through the whole being. This sort of massage is often referred to as holistic massage to distinguish it from other types. Holistic massage treats the individual and doesn't only pay attention to the physical condition. Its movements are generally slower and more meditative. Tibetan Massage is a holistic treatment, which includes energetic, meridian, lymphatic, anti-cellulite, detoxification and refreshing aspects. I work in Tibetan therapy rooms in Warwick and Banbury with people who want to change their quality of life. Let me show you how external therapies can help you</p>
<p>Rebecca Bromfield £20 / 30minute reading which consists of a healing meditation to aid connection to magical realms.</p>	<p>Rebecca is a colourful soul offering an alternative, compassionate and gentle approach to yoga. She is a qualified Children's yoga teacher with many years of experience working with adults, children and families as part of a healthcare profession. Rebecca has an extensive background in dance and movement and will often incorporate somatic movement into her sessions to increase participants ability to take their attention inwards into their internal sensing body offering an opportunity to develop more body awareness and deeper connection with the self. Rebecca allows everyone in her classes to work at their own pace and gives them the tools and support to progress as and when they feel ready to. magical oracle cards readings:</p>
<p>Brigitta Nagy Deep tissue massage (aiding lymphatic drainage) 30 mins - £30</p>	<p>The search for answer for " Who are we?" and "Why are we here? " has been motivating me to discover and get to know myself better since my teen ages. Through the knowledge of spiritual teachers and different healing modalities such as Tibetan Energy Healing, I have continued to learn about the importance of Karma and living in a conscious way on an everyday basis. Our bodies have a very strong role in the expression of our soul, therefore movement, dance, music, singing and breathing exercises are very important part in our life. As a masseuse I see everyday people's need for connecting with their bodies, and I was searching for a way to help them, not just with the massage, but to find a better body awareness.</p> <p>I have been interested in yoga for a long time, but I wanted to find a way to understand it on the soul level I am really grateful to have met Ildy and Anand, and that I have had to chance to join their 1 year Kundalini Tantra Yoga training. I recommend the Indian Wellness academy with all my heart to everyone who is open to discover the ancient wisdom that our ancestors practiced every day, but we almost forgotten about. To lift the collective consciousness, the route is always through the personal growth. Therefore our personal development is very important for a better future for all of us. Let's connect to</p>

	<p>the source and allow the light of love to freely flow through all of us. Namaste</p> <p>The benefits of deep tissue massage include releasing chronic muscle tension, lowering spasms, treating anxiety, reducing arthritis symptoms, lowering blood pressure and improving recovery from injuries</p>
<p>Amanda Phillips Ayurvedic Massage 1 hr - £40</p>	<p>Amanda has worked within the field of Holistic Health and Well-being for over 30 years. Having passion for personal transformation she works with the healing power of the breath to increase life-force and release blocks to leading a full, creative, joyful and abundant life. She works organically trusting in change and the power and beauty of the moment of 'Now'. Amanda loves to attune and flow with the seasonal changes throughout the wheel of the year in nature acknowledging how this reflects our own growth. Her background is in Holistic bodywork, spiritual psychology, Ayurvedic consultancy, Rebirthing – Integrative Breathwork Therapy, Shamanic practise and facilitating conscious dance and movement. Teaching Ecstatic Awakening Dance, Yoga, Meditation and mindfulness with the breath. She has also studied Ritual Theatre and The Therapeutic Intervention of the Arts. Amanda works intuitively, trusting in her innate wisdom and deep connection with the elemental realms of transformation, spiritual purification and pure joy. She holds a safe space of deep love and acceptance for all that is allowing for deep personal change and growth toward empowering ourselves fully.</p>
<p>Petra Papp Craniosacral Therapy 1 hr - £30</p>	<p>Our bodies adapt to everything: everything we feel, think or experience, from the moment of conception, until the day we die.</p> <p>Due to stress, traumatic events, injuries, illness, unhealthy lifestyle, we become tense, and the body has to do extra work to compensate. This uses up energy, creates strain, and we lose the ability to 'be able to be with ourselves'.</p> <p>Craniosacral Therapy (CST) offers you the opportunity to slow down, and to your body to reconnect with its core health, helping to release held restrictions, so you can feel balanced and free again.</p> <p>CST works by using a light touch. Through her hands, the Craniosacral Therapist will listen into your system, tuning into the rhythmic, tidal motions of your body and their organising force, the 'Breath of life'.</p> <p>CST works on all level, balancing mind, body and spirit.</p> <p>you can approach me at the festival, and I would be more than happy to answer your questions.</p> <p>Giving and receiving Craniosacral Therapy for several years now, I wonder how I coped with life before.</p> <p>I have learnt that you can't pour from an empty cup, but if you have adequate resources, no matter what life throws at you, things are easier to bear.</p> <p>I believe that every person we meet in our life is here to teach us something. This equally applies to my clients, everyone is a new learning opportunity for me, a new teacher. Thank you for your trust, and I look forward to learning more with you.</p>
<p>Sharon Calvert 20 minute Angel Reading £20 Back, Neck and Shoulder Massage £25</p>	<p>We are all Spiritual Beings here on Earth having a human experience. Once we awaken to this liberating knowledge our consciousness expands and we see the Light in everything and everyone.</p>

<p>Indian Head massage £35</p> <p>Full Body Relaxation Massage £45</p> <p>Full Body Sports Massage £45</p> <p>Yoga Therapy £45</p>	<p>Learn how to open up to your divine self and heal every aspect of your being; physical, mental, emotional, energetic and spiritual.</p> <p>Connect with your angels and spirit guides to receive divine guidance from them for all those questions you struggle to find answers for. They are always and will always be by your side helping you along your journey.</p> <p>Treatments include a variety of holistic therapies including; spiritual healing, chakra clearing, angelic guidance, massage, meditation and yoga therapy depending purely on what you want to achieve during the session.</p> <p>Sharon works directly with Spirit and is an intuitive healer trusting the Universe and Angels to guide her on what modalities are best for her clients. The sheer beauty and amazement of how accurate the guidance is 100% of the time leaves both Sharon & her clients in awe at the magnificent power of the divine beings working with us in all of our endeavours!</p> <p>You will leave the session feeling elated, connected to Spirit and have a sense of peace and clarity in your whole being trusting that everything is in divine perfect order right now!</p> <p>20 minute Angel Reading £20</p> <p>Back, Neck and Shoulder Massage £25</p> <p>Indian Head massage £35</p> <p>Full Body Relaxation Massage £45</p> <p>Full Body Sports Massage £45</p> <p>Yoga Therapy £45</p>
<p>Severine Obertelli</p> <p>Body Harmony - £20 for 40 mins special offer</p>	<p>"After completing a first Hatha training with another school, I recently completed my training in Hatha, Vinyasa, Hot Yoga, Yin and Restorative Yoga</p> <p>with the Contemporary School of Yoga, a innovative school who promotes deep respects for the origins of yoga, supporting at the same time a pioneering approach.</p> <p>My training has allowed me to embark on a exploration into yoga and is a lifelong spiritual quest, a constant reminder that we are a spirit in a body. I see yoga as an exploration, a way for everyone to reconnect with their essence, reaching towards balance, truth and self love..</p> <p>Currently based in Birmingham, my intention as a teacher is to share a very personal journey. I enjoy facilitating anyone into reconnect to their sacred body, to the holiness of life and love, their instinct, their inner dragon power. I believe that yoga can help us tune in to the inner guidance</p>

	<p>of our body, and learn to trust our power, accept our limitations and revel our truths.</p> <p>An avid seeker, my practise is inspired by many teachers, and of course by who I am and by what I love: children, the animal world and mystical creatures, the power of nature and its elements, the mystery of life and oriental practises, tai chi, the deep spiritual truths embedded in all religions, and my last found love of the kundalini tantra approach.</p> <p>I love to combine movement and stillness, silence and music, words and chants, meditation and fun, experimentation and visualization, with more traditional asanas. I believe that our body should “feel” shapes more than “be” shapes. Deep listening and respect: a new relationship to our body is a new relationship to our spirit.”</p>
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