

# Autumn 2019 Workshop

## “enhancing your most creative self”

# Theta Healing Retreat

This one-day workshop – which counts for College of Sound CPD will cover:

- 1 Learn exciting ways brain waves can be entrained to enhance your daily life
- 2 There will be useful meditations and breathing practices
- 3 Enhance your learning capacities and creative problem-solving abilities
- 4 Invoke healing energies and boost your immune system
- 5 Explore the heart brain connectivity, gut brain connectivity and use of Heart Rate Variability
- 6 Harness the best sleep and relaxation techniques
- 7 Relevant diet, fasting and ways to boost brain neurons (BDNF)
- 8 Develop a take away action plan, to implement gains made from the workshop.

The emphasis will be on practical exercises including the use of tuning forks. If you have tuning forks please bring them with you. If you have not there will be BioSonic forks available for use at the workshop.

c	Workshop Date	Venue	Post Code	Early Bird Booking	Local Organiser
Sun	6 <sup>th</sup> October 2019	Hillcrest, Bewdley Hill, Kidderminster	DY11 6JE	Friday 20 <sup>th</sup> September 2019	Keith Oddy 01562 741743 info & Accommodation advice

- ❖ Numbers limited to maximum of **6 participants**
- ❖ Bookings are firm 8 weeks prior to workshop date, substitutes can be made at any time. Cancellations 8 weeks to early bird date can claim a 50% refund. From Early bird booking date, no refund made.
- ❖ Tea, coffee water refreshment will be available during the day.
- ❖ A light gluten-free lunch is provided, if you have extra special dietary needs e.g. nut allergy - please let us know nearer the time.

**Normal fee £79 per workshop    Early Bird booking at £69 per workshop**



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From: \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ E-mail: \_\_\_\_\_

Please reserve . . . . . places @ . . . . . per person

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Name(s): \_\_\_\_\_ Theta Workshop Date: \_\_\_\_\_ Venue: \_\_\_\_\_

\* Please send this form with a cheque if it suits you, payable to EcoEnergies –  
to Keith Oddy, Hillcrest, 103 Bewdley Hill, Kidderminster DY11 6JE

or if you prefer to pay by Credit Card request a telephone call or credit Card Details Yes / No  
Enquiries: 01562 741743    Website: [www.hillcrest01562.co.uk](http://www.hillcrest01562.co.uk)    E-mail: [info@hillcrest01562.co.uk](mailto:info@hillcrest01562.co.uk)