

### Indian Head Massage – with Lorna Firth

Saturday 12<sup>th</sup> March 10.00am-5.00pm, Anarita Village, Paphos: This is a one day course open to all, with Lorna. This course teaches you how to firmly but gently and rhythmically massage the back, shoulders, neck, head and face of another person to ease the stress and tension of life; to relieve neck and shoulder stiffness and help concentration, mental tiredness and edginess..... And lots more. Indian Head Massage will leave the person with a feeling of peace and wellbeing. Drinks, Fruit and biscuits provided. Bring a small share lunch. Receive a comprehensive manual and attendance certificate. Fees: 130 Euros Early Bird Booking 110 Euros.

Contact Lorna: 99479426 or 26934319 Email: [lfirth@cytanet.com.cy](mailto:lfirth@cytanet.com.cy)

More information at: [www.hypno-krhem.co.uk](http://www.hypno-krhem.co.uk)

### Reiki First Degree- with Lorna Firth

Saturday 5<sup>th</sup> March and 26<sup>th</sup> March, 1.0000am-5.00pm, Anarita Village, Paphos: This is a one day course with no pre requisites required- only an interest in the energy. You will learn to channel Reiki to help yourself, friends, family. One hour of Reiki is equivalent to 4-6 hours deep sleep bringing a feeling of peace and relaxation which in turn aids healing..... and more. Drinks, Fruit and biscuits provided. Bring a small share lunch. Receive a comprehensive manual and certificate. Fees: 100 Euros Early Bird: 80 Euros

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### Krhem Sekhem level 1- with Lorna Firth

Saturday 9<sup>th</sup> April 10.00am-5.00pm and Sunday 10<sup>th</sup> April 10.00am-1.00pm, Anarita Village, Paphos Join Cyprus's only Krhem Sekhem Master on your first spiritual journey of Krhem Sekhem, the original hands on healing system used in Ancient Egypt and even as far back as Lemurian times. This pure high vibrational energy is NOT a level of Reiki so there is no pre- requisite to train in level one of Krhem Sekhem although some prefer to train in Reiki first. The aspect of unconditional love while working with this energy needs to be experienced to be believed. All welcome- general public, therapists, Reiki Masters and Practitioners. Drinks, fruit, and biscuits are provided. Bring a small share lunch. Receive The Level 1 Krhem Sekhem Manual and certificate. Fee 130 Euros Early Booking 110 Euros

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### Introduction to EFT - with Lorna Firth

Saturday 23<sup>rd</sup> April 10.00am-5.00pm, Anarita Village, Paphos: Join Lorna Firth- Cyprus's only licensed AMT trainer- on your first adventures into EFT ( otherwise known as the tapping technique) and free yourself, family and friends from limiting beliefs, negative emotions, negative behaviours, phobias, cravings..... and much more including physical pains such as headaches, period pains. All welcome. Suitable for the general public, therapists and coaches. Drinks, Fruit, Biscuits provided. Bring a small share- lunch. CPD hours available for therapists

Receive an AMT manual and attendance certificate. Fee: 100 Euros Early Bird Booking: 80 Euros. Contact Lorna: 99479426 or 26934319 or email: [lfirth@cytanet.com.cy](mailto:lfirth@cytanet.com.cy) more details at:

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