

HEALING TRUST COURSES

- November 2014 – Energy Healing Parts 1 & 2
- April 2015 – Energy Healing Part 3
- March 2016 – Energy Healing Part 4

HEALING TRUST WORKSHOPS

- November 2014 – Crystal Healing Workshop
- February 2015 – Introduction to Yoga
- April 2015 – The Beauty and Expansiveness of the Shamanic Culture
- December 2015 – Soul Love
- February 2016 – Laughter, Yoga & Mindfulness
- April 2016 – Dowsing
- November 2016 – Crystal Bowls and Pyramids
- November 2017 – Sound & Mantra Meditation

OTHER RELEVANT COURSES & WORKSHOPS

- October to November 2014 – Introductory Meditation Course
- December 2014 – Pre-Christmas Energy Boost
- January 2015 – New Year, New You
- May 2015 – Secrets of Happy, Healthy and Successful Relationships
- June 2015 – Giving Beyond Limitations
- August 2015 – Raise Your Energy, Change Your Life
- October to December 2015 – Herbalism: A Beginners Course
- June 2016 – How to Relax Your Mind
- July 2016 – Introduction to Shamanism
- October to November 2016 – Kundalini Yoga, Part 1
- October 2016 – Alternatives to Violence Project, Part 1
- November 2016 – Live Happier: 6 Things You Need To Know
- December 2016 – Alternatives to Violence Project, Part 2
- January 2017 to February 2017 – Kundalini Yoga, Part 2
- January 2017 – Shamanic Grounding and Transformation
- January 2017 – How to Live a More Satisfactory and Meaningful Life
- March 2017 – Kundalini Yoga (Ongoing)
- January to March 2018 – Women for Peace

FESTIVALS

- July 2014 – Health and Healing Festival, Leeds
- June 2015 – Beulah Festival, Ripon
- July 2015 – Health and Healing Festival, Leeds
- October 2016 – Ilkley Complimentary Medicine Festival
- August 2017 – Northern Green Gathering, Derbyshire