

MALVERN NATURAL HEALTH CENTRE

VISIT CROWN HEALING WELL

Saturday 1st to Tuesday 4th May 2010

10am - 4pm

during MAY WELL DRESSING FESTIVAL

This ancient hidden well is situated in the cellar of Lyttelton House accessed via 15 Abbey Road, Malvern, WR14 3ES (in between Post Office & Abbey Arch)

OPEN DAYS

Saturday 1st May & Sunday 2nd May 2010

10am - 4pm

FREE TALKS both days on Natural Health

Saturday: story-telling, children's arts & crafts

Sunday: Pilgrimage around Springs by car beginning at Crown Healing Well. Meet at 11am outside Post Office in Abbey Road & bring outdoor clothing.

PLEASE SEE OVER FOR LIST OF TALKS

15 Abbey Road, Malvern, WR14 3ES

Tel: 01684 893238 www.malvernhealth.org.uk

Registered Charity No. 1003213

MNHC OPEN DAYS

Free Talks - Timetable

SATURDAY 1ST MAY 2010

- 11am **Jenifer Higgins** - The Radiance Technique® (TRT)
A simple but powerful relaxation and meditation practice with the hands in positions corresponding to the chakras.
- 12noon **Suzy Fildes** - Aromatherapy - relaxing massage using an individual blend of essential oils especially beneficial for immune, lymphatic and nervous systems of the body
- 1pm **Tim Willcocks** - Bowen/NST Therapy - can work wonders on aches & pains, or stress & strains, both physical and emotional. Tim has practised for 13 years and also teaches.
The Amega 'Wand' - a bit of zero-point technology to aid the healing process or more often used as a stand-alone gismo to benefit your food, drink or health.
Alkalife - take responsibility for your own health by **drinking water** and alkalizing. Some information here to help you 'live healthy'.

SUNDAY 2ND MAY 2010

- 2pm **Declan Kerr** - Theta Healing - identifies and releases fears, beliefs & blocks that prevent us from moving forward.
Angel Healing - energy healing that is from unconditional love, peaceful and empowering.