



# Holistic Living Course Level 1

To be held at

## **GALLOWAY'S SOCIETY FOR THE BLIND**

Howick House, Howick Park Avenue, Penwortham PR1 0LS

Course covers: Energy Remedies, Diet and wellbeing  
Yogic breathing and Reiki

HLC1 Course will take place over 9 days

Cost of course is £90 (£20 deposit to be paid at booking time)

### Dates for next course

Week 1	Day 1	Friday 28 <sup>th</sup> Nov 2014	6.30pm to 10.30pm
	Day 2	Saturday 29 <sup>th</sup> Nov 2014	4.00pm to 8.00pm
	Day 3	Sunday 30 <sup>th</sup> Nov 2014	4.00pm to 8.00pm
Week 2	Day 4	Friday 5 <sup>th</sup> Dec 2014	6.30pm to 10.30pm
	Day 5	Saturday 6 <sup>th</sup> Dec 2014	4.00pm to 8.00pm
	Day 6	Sunday 7 <sup>th</sup> Dec 2014	4.00pm to 10.00pm
Week 3	Day 7	Friday 12 <sup>th</sup> Dec 2014	6.30pm to 11.30pm
	Day 8	Saturday 13 <sup>th</sup> Dec 2014	4.00pm to 10.00pm
	Day 9	Sunday 14 <sup>th</sup> Dec 2014	10.00am to 2.00pm

Wisdom

Accept time, place and people as they are and remain in the present moment.

Enjoy your freedom by practising Pranayama, Reiki and non-toxic medication.

The natural and easy way to healthy living.

Interested in joining this course?

JaiShri Mistry at [jai@mistry.com](mailto:jai@mistry.com)

Alison Livesey at [alison@livesey.com](mailto:alison@livesey.com)