



The Life Whisperer

Spiritual enrichment training, development courses and workshops 2011

- **The Way of Meditation:** a deeply personal self-care one-day workshop covering the creation and use of ceremonial circle and sacred space, meditation techniques, encountering the Higher Self, journal keeping and much more. Outcome: meditation as an integral part of daily life. No previous experience necessary.

Date: Sat 19th February 2011

Date: Sat 30th April 2011

Time: 10 am – 4pm

Cost: £75

Payment: £25 non-refundable deposit, £50 balance on the day, OR pay in full on booking for £15 discount (£60 total)

Workshop leader: Diana Coldman

Venue: Lingfield Community Centre, Lingfield, Surrey

Contact: 01342 328162 diana@thelifewhisperer.co.uk

- **Spiritual Coaching:** a thought-provoking and experiential one-day workshop exploring questions surrounding life path, human consciousness and manifestation at this time from a spiritual perspective. Outcome: clarity of life direction and spiritual support.

Date: Sat 19th March 2011

Date: Sat 11th June 2011

Time: 10 am – 4pm

Cost: £75

Payment: £25 non-refundable deposit, £50 balance on the day, OR pay in full on booking for £15 discount (£60 total)

Workshop leader: Diana Coldman

Venue: Lingfield Community Centre, Lingfield, Surrey

Contact: 01342 328162 diana@thelifewhisperer.co.uk

- **School of Rocks crystal healing workshop:** An informal and informative day's workshop into theory, practice and experience in using crystals for self-healing. Outcome: Knowledge and confidence in using crystal energy for personal wellbeing. No previous experience necessary

Date: Sat 10th April 2011

Time: 10am – 4pm

Cost: £75

Payment: £25 non-refundable deposit, £50 balance on the day, OR pay in full on booking for £15 discount (£60 total)

Workshop leader: Diana Coldman

Venue: Lingfield Community Centre, Lingfield, Surrey

Contact: 01342 328162 diana@thelifewhisperer.co.uk

- Reiki 1st Degree Attunement Course:** a one-day certified course to learn the ancient healing method of Reiki for personal use. No prior knowledge or experience necessary.

Date: Friday 11th February
 Date: Friday 7th May
 Time: 10 am – 4 pm
 Cost: £150
 Payment: £50 non-refundable deposit plus £100 balance on the day, **OR** pay in full on booking for £30 discount (£120 total)
 Course leader: Diana Coldman
 Venue: East Grinstead, West Sussex
 Contact: 01342 328162 diana@thelifewhisperer.co.uk
- Reiki 2nd Degree Practitioner Course:** 1½ day certified course to deepen your knowledge and understanding of Reiki and enable you to formally practice Reiki.

Reiki 2nd Degree is undertaken on a one-to-one basis at a time to suit you
 Time: 10 am – 3pm plus half day follow up three weeks later
 Cost: £300
 Payment: £100 non-refundable deposit plus £200 balance on the day, **OR** pay in full on booking for £50 discount (£250 total)
 Entry Criteria: A minimum of three months following Reiki 1st Degree Attunement
 Course leader: Diana Coldman
 Venue: East Grinstead, West Sussex
 Contact: 01342 328162 diana@thelifewhisperer.co.uk
- Reiki 3rd Degree Master Course:** training and mentoring for those wishing to teach others in the way of Reiki.

Reiki 3rd Degree is undertaken on a one-to-one basis at a time to suit you
 Time: One full day training plus period of mentoring.
 Cost: £600
 Payment: £200 non-refundable deposit plus £400 balance on the day, **OR** pay in full on booking for £100 discount (£500 total)
 Entry Criteria: A minimum of one year following Reiki 2nd Degree Attunement
 Course leader: Diana Coldman
 Venue: East Grinstead, West Sussex
 Contact: 01342 328162 diana@thelifewhisperer.co.uk