



# EVENT

## RELAX, RENEW & RE-CHARGE

your **body, mind** and **spirit**

When rooted in peace and inner tranquility  
we access our love, joy and creativity  
we deal better with Life's challenges

- ▶ improve your energy levels and immune system
- ▶ de-stress and unwind areas of tension
- ▶ support optimal health and healing
- ▶ balance emotions, feel calm, safe and at peace

How?

Movement/dance, guided meditation

Natural 'energy medicine' (bio-resonance therapies)

Sunday 19th Sept, 2pm - 5pm

Dorothy Holman Hall, Topsham EX3 0JW (near Topsham Recreation Ground)

Book before 10/9/21 £25 (£20 concessions) After that £30 (£25 conc)



Contact Jacqueline Kareh

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0785 000 8133

more  
info on  
Programme  
overleaf

# Programme

Sunday  
19th September

- ▶ Welcome!
- ▶ Create a personal vision for a more joy-filled YOU & a collective vision for a caring world that respects and honours personal differences and Nature
- ▶ Movement/dance process: step out of limiting behaviours and into the YOU you want to be
- ▶ Break (refreshments provided)
- ▶ Introduction to de-stressing, bio-resonance therapies that balance emotions & boost physical health
- ▶ 1hr of deep relaxation, combining guided meditation with natural bio-resonance therapies (sit or lie down comfortably). Jacqueline's unique process not only helps improve vitality and re-charges you but also supports harmony and health on personal & planetary levels.
- ▶ Be open to positive change, another step nearer to the YOU you want to be and to world peace!
- ▶ Closing circle.

## What to bring

Mat, cushion, blanket or wrap to make yourself really cosy during the energy medicine guided process.  
Pen and notebook. Water bottle. Your own mug

[www.sciohealthdetective.co.uk](http://www.sciohealthdetective.co.uk)

for info, testimonials and more



*Health Detective and holistic therapist, Jacqueline Kareh, has been running groups for many years. She works skilfully, with intuition and factual knowledge.*

*Jacqueline lived in Germany for 15 years. There she discovered SCIO bio-resonance and bio-feedback 'Energy Medicine'. She uses it with individuals as well as (her speciality) groups.*

*Meditation is an important part of Jacqueline's life.*

*She is a member of the British Complementary Association as well as The Healer Foundation.*

## VENUE:

Dorothy Holman Youth Centre,  
Ferry Rd, Topsham EX3 0JW  
10 mins walk Topsham Station

Bus 57 from Exeter/Exmouth

Nearest car park: Topsham  
Mathews Hall