

RELAX RENEW & RE-CHARGE

your **body, mind** and heart
+ **our precious Earth**

Nourish yourself on all levels with
guided imagery + Natural Energy Medicine
(‘astronaut technology’ bio-resonance therapies)

- ▶ improve energy levels and immune system
- ▶ release stress, fear, anxiety and tension
- ▶ support optimal health, healing, well-being
- ▶ balance emotions, feel calm, peaceful, loving

PLUS

Power of eight INTENTION process
invoking a healthy, safe, harmonious planet
where heart-based decision-making is the norm
and all forms of Nature are respected

Saturday 16th November 2024, 2.15pm – 5.30pm (please arrive from 2pm for a prompt start)

VENUE: Health Source, Burke Road, Totnes, Devon TQ9 5XL

Places are limited

Until 1st November £29 (£20 concessions)

From 2nd November £39 (£30 concessions)

Contact Jacqueline Kareh jkhealthdetective@gmail.com Mob: 0785 000 8133

WHAT TO EXPECT

- ▶ Clarify/create your personal and planetary vision

We'll work with this using Power of eight INTENTION

- ▶ Introduction to de-stressing, bio-resonance therapies that balance emotions & boost physical health. This quantum medicine technology is similar to that used by astronauts in space.

- ▶ 1 hour of **deep relaxation**, combining guided imagery



with natural bio-resonance therapies (sit or lie down comfortably). Jacqueline's unique process not only helps improve vitality and re-charge you but also supports health and healing (where needed) on personal & planetary levels.

- ▶ Be **open to positive change**, another step nearer to the YOU you want to be, and the world you want to live in. When we each as individuals feel well and good about ourselves, that naturally radiates to all those around us. Less stress + more unconditional love helps make our world a healthier, happier place!

▶ Refreshments provided

WHAT TO BRING

Blanket or wrap, mat and cushions to make yourself really cosy during the energy medicine guided process. Pen and notebook. Your own drinking water bottle.

www.sciohealthdetective.co.uk
for information, testimonials and more

Jacqueline Kareh, Health Detective and Holistic Health Practitioner

has been running groups for many years. She works skilfully, drawing on intuition as much as her broad therapeutic experience and knowledge. In 2003, while living in Germany, she came across Quantum bio-resonance + bio-feedback 'Energy Medicine' which she loves working with.

Meditation and Power of eight INTENTION is also an important part of Jacqueline's life and work.

Jacqueline is a member of the British Complementary Medicine Association as well as The Healer Foundation.

