

Solstice MEDITATION
+
Bio-resonance ENERGY MEDICINE

RELAX RENEW & RE-CHARGE

your **body**
magnificent **mind**
and your beautiful **spirit**

The Methods....

Nourish heart and soul with guided meditation
+ Natural energy frequencies ('astronaut
technology' bio-resonance therapies) to...

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



Sunday 20th June, 4pm - 6pm

on Zoom

Early bird until 7/6/21 £20 (£15 concessions) After that £25 (£20 conc)

JK Health
Detective



Contact Jacqueline Kareh to register

jkhealthdetective@gmail.com

0785 000 8133

www.sciohealthdetective.co.uk

Full info
overleaf

Programme

Sunday
20th June 2021



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 factual knowledge.

In 2003, while living in Germany she came across bio-resonance + bio-feedback 'Energy Medicine'. Jacqueline trained in this speciality and has worked ever since using bio-resonance therapies for individuals and groups.

Meditation is another important part of Jacqueline's life.

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

- ▶ Welcome!
- ▶ Introduction to de-stressing, bio-resonance therapies that balance emotions & boost physical health. This technology is similar to that used by astronauts in space.
- ▶ Clarify what benefits you'd like from this event
- ▶ 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 healing (where needed) on personal & planetary levels. The process is more potent than usual as it combines with Summer solstice energies.
- ▶ Be open to positive change, another step nearer to the YOU you want to be. When each of us as individuals feel well and good about ourselves, that naturally radiates to all those around us. Less stress + more smiles help make our world a healthier, happier place!
- ▶ Closing circle

What to prepare

Blanket or wrap and cushions to make yourself really cosy during the energy medicine guided process.
Pen and notebook. Water, juice or herbal tea.

www.sciohealthdetective.co.uk

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for info, testimonials and more

Please
send a photo
of yourself
before the event
so that
the bio-resonance
device can link with you