



COURSE DATES AND INFORMATION

Course Name	Dates	Time	Description	Cost
EFT (Emotional Freedom Technique) Weight Loss and Self Esteem	Saturday May 8th	Afternoon 2pm - 6pm	<p>EFT" or "tapping" is a self-help technique that helps reduce the negative emotions around the things that bother you, or past hurts and concerns that you carry around with you. EFT helps you get rid of the blocks you have to losing weight and feeling great about yourself. Learn about and how to use EFT tapping, to get lasting results. EFT has been used for successfully: anger, addiction, weight loss, stress relief, cancer, peace, happiness, relationships, fear, pain etc.</p> <ul style="list-style-type: none"> • Improve self-confidence, inner strength and self-belief • EFT can be used to comfortably stop your compulsion to overeat. • Loose weight easily and permanently by using EFT • Eat anything you want and still loose weight with EFT • Become more positive and optimistic. Feel better about your self. Improve relationships -at home, at work and at play Feel happier and more fulfilled • Turn on your weight loss with EFT • Get out of the diet trap with EFT Learn to overcome nerves • Get to know your true potential • Learn to eliminate limiting beliefs, thoughts, attitudes and anxiety 	£75.00
Introduction to Ayurveda understanding your Dosha's	Monday May 8th	Morning 10am -2pm	<p>We create ourselves on an hourly and daily basis. We choose who we are. The good and the bad, the healthy and the unhealthy aspects of our lives all come from inside us. We are what we eat, but also what we think and do. Discover how Ayurveda, the oldest system of healthcare in the world, teaches us to create a better quality of life through practical daily activities, delicious food and increased awareness.</p> <p>Linda teaches you that understanding your individual body type (dosha) is the foundation for your health and wellbeing. Depending upon our body type, certain kinds of foods are more useful than others; so are certain sounds, textures, colours, smells, activity and all the things that come into our lives. We react physically and emotionally to the changing seasons. When we live, eat and do things that go against the best interest of our dosha we are actively damaging our minds and bodies.</p> <p>Learn how nutrition, breath and sound and the unique practices of Ayurveda and build real, lasting wellbeing and create a better quality of life.</p> <ul style="list-style-type: none"> • Introduction to body types (Doshas) • Understanding the 5 elements of Ayurveda 	£75.00

- The 6 tastes of Ayurveda
- Ayurvedic nutrition
- Cooking the Ayurveda way
- Approaches to mindful awareness (Sadhana)

Introduction to Women's Health and Wellness through Ayurveda Monday March 22nd Afternoon 2.30pm 6.30pm Join us in a day of exploration and knowledge that will include, meditation, nutrition, cleansing and rejuvenation practises. **£75.00**

This is an introduction to the feminine self and there are more intensive programmes to follow. You will gain knowledge about your individual body constitution (Dosha) and how to prepare simple and appropriate healing regimes.

Ayurveda (The Science of Life) provides a unique way for women to connect with their bodies and is ideal for healing and empowering body spirit and mind. The programme will include:

- Movement
- Nutrition
- Breath
- Body Type Analysis
- Sound * Journal Work
- Visualisations

This workshop will encourage you to connect with your feminine power and create joy and experiences in your life.

EFT for Children's Health MONDAY April 19th Morning 10am – 2pm For parents of children up to 14 years of age. EFT" or "tapping" is a self-help technique that helps reduce the negative emotions around the things that bother you, or past hurts and concerns that you carry around with you. **£75.00**

This course helps you to use these valuable techniques for your children who may be experiencing difficulties in school or with friends. Encourage your children to learn the art of self healing.

- Under performing at school
- Helping to realise goals
- Self confidence
- Realising their true potential
- Phobias and fears
- Overcoming exam nerves
- Using the right language for children
- Why children need to use EFT
- Teaching your child how to use EFT
- Doing EFT for your child
- Emotional problems that children face
- EFT before bedtime
- EFT to start your child's day

Introduction to the Healing Powers of SUNDAY April 25th Morning workshop 10am Linda will teach you the connection between your body and the Chakras, the body's vital energy centres where our spiritual and physical well-being connect and introduce you using them for our **£75.00**

Chakra's

-2pm

health and understanding.

- Introduction to what the Chakras represent
- How the Chakras reflects decisions we make
- How the Chakras reflects how we react
- Understanding how emotions and the physical body interacts through Chakras
- How each Chakra relates to your consciousness?
- How stress affects each Chakra and visa versa
- Vibrational sounds of each Chakra
- Basics on how to heal and balance Chakras
- Using a pendulum with the Chakras
- Meditations for each Chakra

Dream Workshop

Sunday
April 25th

Afternoon
2.30pm 6.30pm

Carl Jung believed that dreams were the unconscious minds way of giving us clues and answers to how we live our lives. Learn about this fascinating subject that will delight and amaze you, and help you to understand more about your dreams and what they mean.

£75.00

- Carl Jung and a brief history of dream work
- Understanding the importance of your dreams
- Preparing yourself to receive dreams
- Keeping a dream journal Interpreting your dreams
- Dream symbols Healing dreams
- Making your dreams work for you

The Creating Game

Sunday 6th
June

One day
workshop
including signed
copy of Linda's
book

Whatever position we are in, at whatever stage in life, we have created the circumstances we find ourselves in. We all create naturally, but usually unconsciously.

£125.00

The Creating Game provides a framework for conscious creation. The Game helps to identify limiting behaviours, stumbling blocks and the underlying desires and patterns that rule our lives and take simple steps to accept that behaviour for what is and altering it to serve us better. The Game doesn't involve lots of postulating or analysis.

It is direct and practical, providing a framework for examination, planning and the adoption of effective new structures for systematic creation. The Game makes us more aware of our tendencies to self-sabotage and destructive patterns of behaviour and it enables us to create the means for achieving success.

An important point to make is that The Creating Game encourages us to work on one specific creation at any one time, especially in these early stages, since too many projects can often be overwhelming.

There are 24 unique principles that govern how the Creating Game works. These principles are easy to remember and put in to practice:

In this one day introduction to the Creating Game you will learn how to create some thing that you truly desire.

- The Law of Attraction
- Why creating works for some things and not for others

- The things that hold you back
- Why haven't you got it already?
- Do you know what you really want?
- A day of exploration and learning the art of creating

Entering The Light	SUNDAY May 23rd	One day workshop	<p>If you are willing to invite love, change, laughter and new thinking into your life then this is the beginning of that journey. This one day workshop encourages you to live every day with a new sense of purposes and direction. Linda helps you to gain access to your inner power enhancing long lasting change and growth within your inner and outer worlds. Join Linda in deep meditation, song, exercises and proven practices that you can take home with you to create consistency in your daily life. The activities are supported by learning materials that you can use to refresh your practices long after the workshop ends. Linda's commitment to all participants is to encourage everyone to 'Enter the Light' and be the highest they can be in this world. You are asked to bring determination, courage and commitment and expect to participate in joy and laughter. The Programme will include</p> <ul style="list-style-type: none"> • Deep meditation • Chanting • Chakra practice • Journal work • Movement • Exploring the inner self • Mindfulness in everyday life 	£95.00
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Ayurveda Mind and Meditation the Way to Inner Peace	MONDAY June 21st	One day workshop	<p>It is well known that the practice of meditation brings deeper states of emotional, mental and spiritual well-being. This is achieved by helping the practitioner to develop the capacity for dealing with the complexities and stresses of daily life.</p> <p>Through meditation your mind becomes less clouded by emotional and mental clutter. Scientific studies into the benefits of meditation show that it can assist in alleviating depression, promote a greater quality of sleep, reduce the effect of stress-related conditions like hypertension and anxiety disorders.</p> <p>Linda is a practising Psychotherapist with extensive spiritual studies over the past 20 years. She continues to deepen her meditation study and practice and applies current scientific research into mindfulness-based meditation to her life and work.</p> <p>This course is created to suit the everyday demands of modern life. The contents are specifically designed for those of who may find it difficult to enter the practices of meditation</p> <ul style="list-style-type: none"> • Japa • Chanting • Visualisation • How long do I need to do it • Music or not • Preparing for meditation • Breath and sound techniques 	£95.00
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A sure way to feel the benefits of meditation Body posture Fragrance Using the 6 senses Body

awareness techniques

The Ancient Science of Ayurveda and Using it in your practice

MONDAY
June 7th

One day
workshop
**Practitioners
only.**

Ayurveda is the 5,000 year old practice of health and well being meaning the "Science of Life". In India it is practised as a daily concept which also goes hand-in-hand with Yoga and Meditation. £95.00

Ayurveda is the art of living in harmony with nature, and it gives tools with which we can discover our own unique nature. By applying the principles of Ayurveda to your practice, it will give you access to unique routines to balance the Doshas.

These practices help us get in touch with the energies that make up who we are. With the use of traditional and new concepts, Ayurveda can bring us to a state of balance and bliss. You can use these ancient techniques to understand your clients and improve their lives.

Linda will take us through the basics of Ayurveda and shows us how to go about our day the Ayurvedic way. Learn how nutrition, breath and sound and the unique practices of Ayurveda and build real, lasting wellbeing and create a better quality of life.

- Introduction to body types (doshas)
- Understanding your clients through Ayurveda
- Nutrition
- Meditation
- Introduction to the energetics of food and spices
- Introduction to the seasons of Ayurveda and their effect of health and wellbeing
- Approaches to mindful awareness (Sadhana)

IMPROVING YOUR PRACTICE AND PROFIT

MONDAY
July 5th

One day
workshop
**Practitioners
only**

Kathryn Plowright and Linda Bretherton have over 50 years of business expertise behind them in complementary healthcare, public relations, marketing and sales, and have harnessed their experience to produce this invaluable course. £95.00

Those in the complementary health profession often find themselves struggling between offering a compassionate service to their clients and charging for their expertise and time This course helps you to see things from a different perspective and encourages you to develop and grow your practice successfully and confidently.

- Effectively marketing your business
- Find free advertising by effective PR
- Successful networking to expand your client base
- Turn yourself from a good therapist into a great therapist
- Develop your USP (unique selling point) and use it to produce results.
- How to use PR techniques to create attention for your practice
- Setting goals and realising them
- Using the internet to get your message to others
- How EFT can help you reach your goals
- How EFT helps your confidence

USING EFT (Emotional Freedom Technique) in your practice

MONDAY
July 19th

One day
Workshop
**Practitioners
only**

EFT" or "tapping" is a self-help technique that helps reduce the negative emotions around the things that bother you or past hurts and concerns that you carry around with you helping you to get rid of the blocks you have to abundance, health and happiness. £95.00

Learn about and how to use EFT tapping, and to get results with EFT. EFT has been used for successfully: anger, addiction, weight loss, stress relief, cancer, peace, happiness, relationships, fear, pain etc.

EFT has helped many to move mountains, your own personal mountains, that can stop you from reaching your full potential. How can you have a great job if you believe "I'm not good enough" or any of the other thousands of personal beliefs that hold you back from your dreams? Often we are not even aware these blocks are there.

Breaking down the blocks that hold you back and healing emotional scars are only the beginning on your journey to understanding and working with Emotional Freedom Techniques.

This course will help you to get more out of your life and help to increase the way you take your business to another level of success.

USING CHAKRA HEALING IN YOUR PRACTICE

MONDAY
August 2nd

One day workshop
Practitioners only.

Linda will teach you the connection between your body and the Chakras, the body's vital energy centers where our spiritual and physical well-being connect and provide answers and reasons for our health and understanding. Practicing working with the Chakras, maximizes the benefits of restoring balance and harmony and maintaining vitality.

£95.00

Linda provides detailed practices, breath work, mudras, visualizations, and mantras which connect to each Chakra. You will be encouraged to learn the Chakra positions for using when helping your self and your clients.

This day will also include a section for specific ailments, including migraines, high blood pressure, and depression. Linda has worked with Chakras for 15 years and has developed a Chakra ceremony* that is used in retreats in USA.

You will be shown how to work with specific tools and instruments during this course.

- What the Chakras represent
- How the Chakras reflects decisions we make
- How the Chakras reflects how we react
- Understanding how emotions and the physical body interacts through the Chakras
- How each Chakra relates to your consciousness?
- How stresses affect each chakra and visa versa
- Vibrational sounds of each chakra
- Basics on how to heal and balance chakras
- Using a pendulum with the chakras
- Meditations for each chakra

(*the ceremony is not taught in this course)

MBTI -Myers-Briggs Type Indicator

Sunday 4th
July

For Professionals in Psychotherapy Recruitment And Non Professional

Linda Bretherton MA Psychotherapist, ayurvedic consultant, workshop leader and author and MBTI Qualified Practitioner will lead this powerful workshop.

£185 (to include all books)

The Myers-Briggs Type Indicator (MBTI) profiling system is a powerfully versatile solution that has helped millions of people around the world better understand themselves and how they interact with others. It has also helped organisations of all sizes address their needs, from team building,

who want to find out more about themselves

leadership and coaching and conflict management to career development and retention.

It is considered the worlds most widely used and heavily researched profiling tool. It can be a fantastic eye opener in coaching conversations and can create really healthy discussion around general communication in training workshops and in one to one coaching conversations.

What is the MBTI?

The MBTI is a method of personality profiling that will help you to explore your preferences for taking in information and making decisions. The framework also looks at where you prefer to focus your attention, and how you prefer to live your life. It will give you information about your preferred style of working and interacting with other people. There are no good or bad types: all are equally valid. A key feature of the MBTI is its focus on the likely strengths and positive qualities of different personality styles.

Uses of the MBTI

The results can give you information that can be of great practical value in providing increased self-understanding, appreciating different styles, and exploring possible development issues.

The range of possible uses of the results is very wide.

Applications include:

- Discovering your strengths
- Commentating and working better with others
- Developing effective teams
- Improving communication and resolving conflict
- Identifying leadership style
- Enhancing personal development
- Exploring problem-solving and learning styles
- Understanding reactions to change and stress
- Personal career development

One of the main selling points of MBTI is the potential for increasing self-awareness: it's a great way of establishing strengths (and thus weaknesses) in a very non-threatening, and highly acceptable way. Importantly, the MBTI should not used for assessment for selection or to limit or to pigeon-hole people. According to MBTI theory, developed by Myers, Briggs, mother and daughter team and derived from Jungian theory, everyone has a natural preference for one of the two opposites on each of the four MBTI dimensions. You use both preferences at different times, but not both at once, and not, in most cases, with equal comfort or confidence. When you use your preferred approach, you are generally at your best and feel most confident, natural and energetic.

The Medicine Shop Academy will be holding residential weekend workshops and retreats in different areas of the country. For further details email health@medicineshopandclinic.com