

Harmony Holistic Health

3 The Square, Maynooth, tel: 01 6106654

Open week 5th – 10th October Winter Health and Wellness

- Mon 5th* *11.30 – 1.30* *Relax in our relaxation room*
 1.30 – 3.30 *Introduction and benefits of hypnotherapy – John Keating*
 1.00 – 4.00 *The Benefits of MorEpa Fish Oils – Rebecca from Shield Health*
- Tues 6th* *10.00 – 12.00* *Homeopathy for colds, flu's and winter health - Niamh Eagle*
 2.00 – 5.00 *Eskimo Oil – Pat Curran from Eskimo & Heel Homeopathics*
- Wed 7th* *11.30 – 1.30* *Understanding Stress, anxiety /panic attacks & questions and Answers. Louise Courtney and Caroline Leonard*
 11.00 – 1.00 *Viridian Vitamins and Supplements – Alexis Bain from Viridian*
 2.00 – 4.00 *Salus supplements and family health - William Haughton from the Natural Medicine Company*
 3.30 – 4.30 *Are you ready for 2012 Shamballa – Martina O'Neill*
- Thurs 8th* *11.30 – 1.30* *Womens and Family Health – Cathy from Naturalife*
 12.00 – 2.00 *Is your career or lack of stressing you out? Mary Quirke*
 2.30 – 5.00 *Organic Young – Skincare specially formulated for teenage skin*
 Green People – Organic Skin Care – Cynthia from Natural Selection
 4.30 – 5.30 *Introduction to yoga – Paula Mitten*
- Fri 9th* *10.00 - 11.30* *Meditation – De-stress with Martina O'Neill*
 12.00 – 2.00 *C.V. Bootcamp- check how trim and fit your c.v. is. Mary Quirke*
 2.30 – 5.00 *Herbs and Health – Gabrielle McCauley from A Vogel*
 2.30 – 5.00 *Aromatherapy Sample Treatments – Amanda Doonan*
- Sat 10th* *10.30 - 2.30* *Seated Back Massage – Sheena Lester*

All of the above workshops are free and there will also be opportunities to have free consultations with therapists and product advisors.

- *Spot Prizes*
- *Product Samples*
- *Food Tasting*

*For more information please phone Harmony Holistic Health,
Maynooth on 01 6106654*

Harmony Holistic Health – bringing health and wellness to Kilcock and Maynooth