

NUTRICENTRE
TESCO KINGSTON PARK
SUN 19th DEC, 1-4 pm

Do you want to feel

CALM
BALANCED
RELAXED
ENERGISED?



Try a taster session of
LIFE BALANCE
OR REIKI With
Experienced practitioner
CHRISTINE FOWLER

Buy a Gift Voucher
Perfect for that
Last Minute Present

For more info go to www.transformplus.ltd.uk or Tel 0191 2847615
Alternatively email: christinefowler@yahoo.co.uk

Do you want to feel:

CALM

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*Full sessions can be booked by calling CHRISTINE FOWLER on 0191 284 7615
www.transformplus.ltd.uk*

Why not try :

LIFE BALANCE

Life Balance gives you an understanding of areas in your life that need improvement, highlighting the single most noticeable beneficial change you can make now.

REIKI

Reiki is a natural health therapy which includes personal growth characteristics. It is deeply relaxing and enables deep seated emotional attitudes to be released.

When Reiki is received regularly it promotes a more positive and joyful outlook and enhances the body's inbuilt energy reserves.

Individual programmes using a wide range of therapies can be tailored to your needs.