



Regular Events

Tuesday

Psychic & Spiritual Development Group

with Richard Cuthbert

Tuesday February 21st 2012 (FULLY BOOKED)

Tuesday March 20th 2012

6.30pm – 8.30pm

£7.50 per person (**Booking Essential**)

Wednesday

Yoga for Men

with Les Bulman

7.30pm – 9pm

£5 per person (**Booking Essential**)

Saturday

Reiki Share

with David Willis

Saturday February 11th 2012

3.30pm – 5.30pm

£5 per person (**Booking Advised**)



Upcoming Training!

Reiki 1 Attunement

Monday February 27th 2012

11am – 2pm

£75 per person (**Booking Essential**)

* 3 places remaining *

Hopi Ear Candling

Sunday March 4th 2012

11am – 4pm

£90 per person (**Booking Essential**)

* 3 places remaining *

Reflexology Diploma

Monday March 5th & 12th 2012

10am – 4pm

* 3 places remaining *

Tuesday March 13th & 20th 2012

10am – 4pm

* 3 places remaining *

£350 per person (**Booking Essential**)

Indian Head Massage Diploma

Monday April 23rd 2012

10am – 4pm

£120 per person (**Booking Essential**)

* 3 places remaining *

* **Courses can be booked on other dates. Call for details of availability. ***



Tarot Reading Days

Readings with Richard Cuthbert

Richard works on both a psychic and mediumistic level. Using tarot and Angel cards as well as psychometry as tools alongside his psychic and mediumistic abilities, Richard provides personal and meaningful readings either for general guidance or more specific issues or problems. A reading from Richard can help prepare you for the future and also help shed light on the people and situations directly affecting and influencing your life in the present.

Richard has two regular appointments available each month before hosting our Psychic Development Group. Call for availability.

A **45 minute** reading costs **£30**.

Appointments are available at **5pm & 5.45pm** on

Tuesday February 21st 2012 &

Tuesday March 20th 2012

Resident Reader Joy Duffill

Available Mondays, Wednesdays and Fridays from 10am - 2pm

Joy has been reading the Tarot for 14 years, using her psychic gift and understanding nature to help people all over the world with difficulties or worries they may be experiencing in their life. Her readings have helped to heal and allow people to move forward.

Working closely with her guide and Spirit, Joy provides readings to suit individual needs, ranging from short questions to more in-depth guidance.

Readings cost:

£10 (20 minutes)

£15 (30 minutes)

£25 (40-50 minutes)



www.My-Serenity.co.uk

70 Westgate, Guisborough. TS14 6AY

01287 634880 / 07828 882798

Special Events!

Massage Promo Days

Eastern Facial Massage

Saturday March 10th 2012

10am – 4.00pm

Treat yourself to our most popular facial massage. Deeply relaxing and great for giving you a beautiful healthy glow.

Promo Price: £12 (Usual Price £20)

(Booking Essential)

Indian Head Massage

Saturday March 17th 2012

10am – 4.00pm

45 minutes of invigorating yet amazingly relaxing massage that covers the upper back, shoulders, neck, scalp, & face.

Promo Price: £16.00 (Usual Price £25).

(Booking Essential)

Other Events!

Therapy Taster Day

Tuesday February 28th 2012

4.00pm – 9.00pm

Entry FREE / Each 25min session just £10.00

Try a variety of the therapies that available here at

My Serenity at really low cost.

Choose from:

Swedish Back Massage / Aromatherapy Back Massage

Aromatherapy Facial Massage / Eastern Facial Massage

Hot Stone Facial Massage / Indian Head Massage

Reflexology / Usui Reiki / Crystal Chakra Balancing

Hopi Ear Candling

This is a great way to pamper yourself and see if any therapy is particularly suited to your requirements.

Booking is absolutely essential.

Appointments for this event fill quickly so we always suggest calling early to ensure you get the treatment of choice at a time that suits you. It's never too early to book!

Fairs.....

My Serenity will be exhibiting at:

'Synergy by the Sea' at The Spa Hotel, Saltburn on

Saturday March 3rd 2012

10am – 4.30pm

We'll be offering a variety of taster therapy sessions at low cost at each of these events and a selection of our most popular products from the shop.

Therapies.....

My Serenity offers a wide range of therapies 6 days a week.

Choose from energy therapies such as Crystal Therapy, Reiki, and Chakra Balancing, or hands-on therapies such as Swedish Massage, Eastern Facial Massage, Thai Foot & Hand Massage, Hopi Ear Candling and much more.

Simply call us to discuss your requirements, whether it's for a health issue or simply to relax. We're sure to find something to help you.

And finally.....**Therapy of the Month** during **March** is

Aromatherapy Massage

Aromatherapy uses massage in unison with essential oils to completely relax the body and mind.

Book a **Full Body Aromatherapy Massage** during March and receive an **Aromatherapy Facial Massage ABSOLUTELY FREE!***

* This offer can be gifted but cannot be used in conjunction with any other offer.



ROOMS AVAILABLE

If you would like to arrange a workshop or training course and require a calm, comfortable environment in which to hold the event, then why not call and chat about our facilities.

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