



Regular Events

Tuesday

Psychic & Spiritual Development Group with Richard Cuthbert

Tuesday February 23rd & March 16th
6.30pm – 8.30pm
£7.50 per person (**Booking Essential**)

Thursday

Early Morning Yoga & Meditation with Lesley Wood
6.30am – 7.30am
£6 per person (Booking Essential)

Yoga with Lesley Wood

1.30pm – 2.45pm & 3pm – 4.15pm
£6 per person (Booking Essential)

Meditation with Lesley Wood

6pm – 7pm
£6 per person (Booking Essential)

Friday

Chanting for Health, Peace, & Wellbeing

1st Friday each month – **Friday March 5th 2009**
6pm - 7pm
(Donations to charity)

Yoga for Men with Les Bulman

7.30pm – 9pm
£5 per person (Booking Essential)



Upcoming Events!

Training

Hopi Ear Candling

Sunday March 7th 2010
10am – 3pm
£90 per person (Booking Essential)

Swedish Massage Diploma

Monday & Tuesday March 15th & 16th 2010
10am – 4pm
£300 per person (Booking Essential)

Reiki 1 Attunement

Several Dates Available in February & March
10am – 3pm
£75 per person (Booking Essential / Call for dates)

Reiki 2 Attunement

Sunday February 21st 2010
10am – 3pm
£100 per person (Booking Essential)

Seated Thai Massage Diploma

Wednesday March 24th 2010
10am – 3pm
£120 per person (Booking Essential)

Indian Head Massage Diploma

Sunday April 11th 2010
10am – 3pm
£120 per person (Booking Essential)

Crystal Practitioners Diploma

Dates Available Throughout **2010**
£600 per person (Booking Essential / Places Strictly Limited)
(Deposit of £100 required then spread the balance over 5 payments of £100 at 0% interest.)



Workshops

Soul Art

with Sarah Tazewell-Scott
This workshop will help you to discover your creative side in a relaxed, friendly, and truly centred way.
Tuesday March 9th 2010 from 6pm – 9pm
£25 (Booking Essential / Limited Places Remaining)

Upcoming Workshops

Exploring Yoga Philosophy
Tools for Stress Busting
Cleansing Workshop

Watch this space for details!



Special Events!

Therapy Taster Evening

Wednesday February 24th
2.00pm – 9.00pm
Entry FREE / Each 25-30min session just £10.00
Try a variety of the therapies that available here at My Serenity at really low cost.

www.My-Serenity.co.uk

70 Westgate, Guisborough. TS14 6AY
01287 634880 / 07828 882798

Choose from:

Reiki / Crystal Chakra Balancing / Reflexology
Aroma Back Massage / Hand Massage / Facial Massage
Seated Thai Massage / Indian Head Massage
Hopi Ear Candling / Aura Clearing

New for February Taster Day!

Zimbate & Hot Stone Facial

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

Booking is absolutely essential.

We still have appointments left at varying times of the day but they're filling fast so call now to get your New Year pampering booked!

LIMITED APPOINTMENTS LEFT!!!

Fairs.....

My Serenity will be exhibiting at the 'Health & Healing Day' at Natures' World, Acklam on **Sunday February 28th** and every last Sunday of the month (exc. July) during 2010.

We'll be offering a variety of taster therapy sessions at low cost.

We'll also be exhibiting at:

**The Angel View Inn MBS Fair, Gateshead
Saturday February 20th**

**Middlesbrough Library MBS Fair on
Saturday February 27th**

**Synergy by the Sea, The Spa Hotel on
Saturday March 6th.**

NOW AVAILABLE!!!

Crystal Tarot Readings

Combining the wisdom of crystals and the traditional use of tarot cards can give a truly insightful reading.

Readings are available most days by appointment only and cost just **£20**, lasting anywhere from 30 minutes – 1 hour.

Call **01287 634880 / 07828 882798** to book

Coming in 2010.....

Crystal Massage Workshops

Working with your Chakras Workshop

Therapy Pamper Days

Holistic Workshops

and more Holistic Training Courses

We hope you'll join us in 2010 for some of our exciting events!

And finally.....**Therapy of the Month** during **February** is **SEATED THAI MASSAGE!**

Book 3 Seated Thai Massages and receive one absolutely **FREE!***

Why not recommend a friend and you can both save £5 on your treatment!

*A minimum of one massage to be booked each month for 3 months. Payment for all 3 sessions must be made in advance. This offer cannot be used in conjunction with any other offer.

As a special thank you to all our customers, we'd like to offer you the chance to win a free treatment of your choice.

For every £10 you spend in the shop or on a therapy in any given month, you will receive a free entry into the draw. The more you spend, the more entries you have!

*The winner must book their free session within 1 month. The free session **can** be gifted. The prize **cannot** be exchanged for cash. Sessions that have already been booked **are** included in this offer.

January's Winner is

Amanda Wood

The winning ticket was drawn by Mark Whenray of Guisborough on Feb. 1st.

CONGRATULATIONS!!!



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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