

Talks - Sunday 21st February

Room 1

- 12.00 **EFT (Emotional Freedom Technique)** **Alan Morison**
EFT releases traumas, fears, phobias, anxiety, addictions etc remarkably quickly. Discover just how and begin the journey to emotional freedom.
- 1.00 **Transform Your Life From the Inside Out – With The Butterfly Experience - Workshop With Special Guest Karen Whitelaw-Smith (Tickets £8)**
How can you attract an abundant life, feel happy, healthy and create success? Karen Whitelaw-Smith an International Author and *The Positive Thinking Expert* will take you from where you are to where you want to be using her own tried and tested techniques. Karen has a unique talent of reaching a person's soul. You will experience and see great changes in your life when you work with Karen. (Tickets also available from our website)
- 3.00 **Removing The Labels That Limit Us with NLP** **Michael Spence**
When I let go of what I am, I become what I might be. How do you define yourself? Putting labels on ourselves limits us. Today, in this inspirational talk, Michael, Certified NLP Trainer shows how it feels to let go of the labels, to be happy and positive with who we are. Feel the freedom, the space, and the potential of simply being. The skills and techniques of NLP can show you the way.
- 4.00 **Why We War With Ourselves** **Joan Frances Boyle**
Hurt and fear have been man's biggest obstacles, the fear of getting hurt or the fear of hurting another and in some cases the fear of fear itself. This reaction to fear changes how we perceive and react to everyday living. Come along and find out how to reclaim your life.

Room 2

- 1.00 **Quantum Connections in You Life** **Dr Jane Rick**
Are you interested in energy? Come along and find out how energy works and how energy connection affects you and also those around you.
- 2.00 **Shiatsu for Neck and Shoulder Pain** **Glasgow School of Shiatsu**
Learn some simple and effective shiatsu techniques and points to release neck and shoulder pain and tension
- 3.00 **Core Shamanism & Vibrational Healing** **Ian Riach**
Come along and find out more about core shamanism and vibrational healing and how it can be applied to modern day living to bring healing & harmony to the self.
- 4.00 **Colour In Your Life** **Fiona Monro**
This talk will look at how we respond to colour and the properties of colour to heal us and to simply make us feel good! We will work with colour through meditation and visualisations and use colour to create our own colour personality profile.

The organisers cannot accept responsibility for the views, opinions or advice given by exhibitors or advertisers. Visitors must take personal responsibility for acting on any guidance or recommendations offered by exhibitors during the fair. Visitors should also be aware that psychic readings are "for entertainment purposes only" and that healings offered may "not have been scientifically proven".



Glasgow Body & Soul Fair

Glasgow Royal Concert Hall

20/21 February 2010 11am - 5.30pm

Exhibitors

Stall holder Name	Phone No	Stall speciality
Acupuncture Clinic	07837 127538	Acupuncture
Audrey Yeardeley	01333 311102	Tarot readings and mediumship
Carbecian	01651 873945	Shamanic tools, jewellery, I wood carvings
Caris Consulting	07968 293352	Promoting Susan Jeffers workshops /books
Charis NLP / New Day Hypnosis	01292 283995	Hypnosis, coaching; on-site massage
Chris Barry	07876 051219	Clairvoyance, mediumship, tarot
College of Holistic Medicine	0141 554 5808	Therapy training, crystal healing, herbal products
Cosmic Cabin	0141 578 4599	New age gifts and treasures
EFT UK	0131 339 6979	Emotional Freedom Technique UK
Elemental Beings Ltd	01899 229252	Author's books, ascension sets;attunements
Esoteric Earth	01862 832 544	Crystals and crystal jewellery
Fairyland Aromatics	01877 382349	Aromatherapy oils, handmade remedies and products
Francesca	07543 178928	Clairvoyant, psychic and medium
Gecko Gallery & Gifts	0131 538 5575	Original Indian art, sculpture and crafts
Glasgow Prophetic Centre	07515 948231	Spiritual readings
Glasgow School of Shiatsu	01505 682889	Shiatsu training and treatments
Gordon Soutar Therapy	07717 682860	SourceStar, Ihm, Median Energy Therapies
Hands on Heart	07513 046315	Reiki healing with medicine Buddha; art prints/paintings
HDSK	0141 649 9165	Promoting inner peace: books, and dvds
Healing Rooms	0141 637 4445	Free spiritual healing and readings
Jacq Munro	07854 117647	Foot reading and reflexology
John Ballantine	07759 559912	Angel readings, medium, clairvoyant
Julie	07932 224932	Mediumship, clairvoyance / psychic readings
Kai Taylor	07765 012752	Clairvoyant and medium
Katarina	01279 842390	Palmistry and tarot
Kiri London	07932 947225	Fairtrade handcrafted frames and mirrors
Krysalis Training Academy	07751 347681	Egyptian Ascension & healing therapies
Light Within	01324 719832	Spirit Guided art and readings.
Lightray	07968 127207	Crystal jewellery and wands
Liz Reynolds	0141 775 2004	Reiki treatments
Lotus Crystals	01563 872211	Geological minerals and crystals
Love'n'Light Crystals	07951 826315	Hanging crystals

Lunicorn	0141 586 9599	Celestial & unicorn themed handcrafted gifts
Margot	07768 95123	Clairvoyant medium and tarot reader
Mary Jane	01259 720627	Clairvoyant medium
Melinda Jarvis	07999 885507	Clairvoyant, psychic and mediumship
Mhor Rioghain	07527 104729	Reiki with crystal therapy
Michael Spence NLP/Coaching Training Centre	0131 664 7854	Certified NLP training, coaching & workshops
Northern Dreampipe	07840 082188	Hand made flutes, didgeridoos, lyres etc
Opal Moon	0141 578 0908	Crystals, jewellery, spiritually inspired gifts/crafts
Paul Williamson	07948 215333	Past life regression tasters, books and cds
Pauline's Tarot	01294 469768	Tarot reading
Personal Alchemy	01786 842860	Colour healing and Egyptian crystal healing
Sahaja Yoga Meditation	07910 529053	Meditation and yoga
Scottish Feng Shui Centre	0131 667 8819	Fen Shui consultations; space energisers
Select Holidays Ltd	07050 217556	Holiday Retreat promotion
Stardust	07895 839486	Clairvoyant, astrology, naturopath, lifecoach
suzcat silver designs	07949 570143	Designed and hand-crafted solid silver jewellery
The Emergence of Maitreya- The World Teacher	0131 477 3886	Information and meditation groups
The Mind's Eye / The Pen Works	077388 20264	Cognitive behavioral therapy; counseling
The Wight Relaxation Room	07984 428741	Hypnotherapy
The Zentist	01904 622706	Crystal and new age gifts
Tiffany Primrose	07969 027651	Triple Helix Energy Healing shamanic soulwork
Tree of Life Inspirations	0776 4259262	Louise Hay and colour therapies/workshops
Exhibitors Not Present		
Creature Comforts www.creaturecomforts11.co.uk	01389 710050	Complete wellness weekend workshops for Dogs in Loch Lomondside
The Pet Psychic – Joanne Hull www.joannehull.com	01506 811171	Author of <i>The Pet Psychic</i> (Headline £6.99)
Indigo Silk www.indigosilk.co.uk	01620 829728	AuroSoma, angel products, card decks / books
Mind and Body Works www.mindandbodyworks.co.uk	0845 5191755	Therapy Centre

Heal Your Body, Change Your Life Workshop with Dr David Hamilton

Author of *Why Kindness Is Good For You*

Glasgow Royal Concert Hall, Sunday 21st March 2010, 10-5pm

Tickets are £65 and can be booked from our website

www.bodyandsoulevents.com or by phoning us on 01847 808207

also, see: www.drdavidhamilton.com

Talks - Saturday 20th February

Room 1

- 12.00 **Past Life Regression - A seeker's guide** **Paul Williamson**
An explanation of what to expect from regression; how it works and how to approach it in a way that can really help you in your life today. Includes a short demonstration.
- 1.00 **Mediumship Meeting The Needs Of Today** **Audrey Yeardeley**
What Are We Here For, if not to Learn How to be A Human Being? Thoughts on Psychic experiences, and Connections with the Spirit World."
- 2.00 **Cosmic Ordering With *The Butterfly Experience***
with Special Guest Karen Whitelaw-Smith,
***The Positive Thinking Expert* and International Author will help you become more in control of your emotional life, understand what you want and attract what you need, enabling you to transform your life from the inside out. Karen will help to train your mind in a more positive way, guiding you to think more about your life, break old habits, patterns and beliefs and steer you in the direction of where you want to be. A truly magical experience.**
- 3.00 **Guardian Elementals** **Fiona Murray**
Learn how to communicate with your Fairy & Elemental Guides. Practical Tips on developing psychic connection with them. Guided Meditation.
- 4.00 **Feng Shui For Successful Relationships** **Tanya Fox**
Do you have a pattern of unsatisfactory relationships in your life? Would you like to learn how to improve them and to attract more positive and happy relationships? Tanya will give practical advice on how achieve these changes through Feng Shui.

Room 2

- 1.00 **Sole Truths** **Jacqueline Munro**
Find out what your feet say about you and then how to take the next step. Sole Truths will combine foot reading, healing philosophy and spirituality.
- 2.00 **Guest Speaker Karen W Smith in Room 1.**
- 3.00 **Healthy Eating- Through Expressive Writing** **Nikki Cameron**
Write yourself out of unhealthy eating! Learn why you eat what you eat and how you can break the cycle to be healthier in 2010.
- 4.00 **Ascension Healing** **Ankhra Laan Ra**
Ankhra will be giving an introductory talk on Ascension healing and Nem-Isis© Healing which is linked to the Egyptians and the Mayans. This will include a short meditation.

The next Body & Soul Fair in Glasgow is on 15/16 May.
To keep informed about our Fairs and workshops please add your name to our mailing list by filling out a card, visiting our website or emailing us at office@bodyandsoulevents.com.

Jo Power, medium and author of *The Man Who Sees Dead People* will be our Special Guest at the Body & Soul Fair in Glasgow in May. See our website or phone for more details and to book tickets for his demonstration on mediumship. (£10)