

Autumn / Winter Newsletter 2024



Welcome!

- Below are details of webinars, workshops and the next available two-day Bach Intro Course.
- I am excited to offer a full-day in-person Crystals & Healing workshop which is always enjoyable. See my website for details of past participant testimonials.
- For those of you interested in my Blog there are several new entries including a recent account of my first forest bathing event which I wholly recommend. [My Thoughts - Chrysalis Healing Foundation](#)
- 1:1 consultations are available in person from my treatment room in Cheltenham as well as online via Zoom. Crystal healing sessions are available distantly too.
- I am offering a Wellbeing and Self-Care Package for those of you who want to work with me over a longer period. [Wellbeing and Self-Care Package - Chrysalis Healing Foundation](#)
- You can also connect with me on Facebook.

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Chrysalis
Healing Foundation



CRYSTALS & HEALING FOR SELF-CARE

Saturday 16th November 2024

10:30am – 4:30pm

- Understand what crystals are and their properties
- How to choose, clean, dedicate and tune crystals for self-healing
- Simple techniques to ground, cleanse, protect and strengthen your energy field
- Sensing the human energy field
- Meditation and self-healing techniques using Rose Quartz
- Use of crystals in everyday life

*Come and enjoy a fun and experiential day
in a small group setting*

**Cost: £50 to include full course notes and
a basic crystal toolkit**

Location: In Person - Cheltenham

BOOK YOUR PLACE TODAY

PAULINE WICKENS MVHF MFSEM
SUBTLE ENERGY MEDICINE PRACTITIONER
Tel. 01242-539424 or 07895-079278

www.chrysalishealingfoundation.co.uk



An Essential Tool for Therapists and Wellbeing Coaches

*The Bach Flower Remedies – natural flower essences
providing emotional support during challenging times*



We will embark on a journey of discovery
which will include: -

- ✓ Dr Bach, his Philosophy of healing and Principles of the Bach system
- ✓ The 38 remedies and their emotional states
- ✓ Key remedies for managing our relationship with clients
- ✓ The Emergency Mix - for acute situations

Date : Saturday 9th November 2024
Time : 3:00pm to 4:30pm
Venue : Online Webinar - on Zoom
Price : £15

Call now on 01242 - 539424 to reserve your place!

Pauline Wickens BFRP MVHF MFSEM
Bach Flower Registered Practitioner
✉ harmony@chf.energy
🌐 <https://chrysalishealingfoundation.co.uk>
☎ (01242) 539 424



The Art of Making Choices with the Wisdom of the Bach Flower Remedies

*Natural flower essences providing emotional support during
challenging times*



We will embark on a journey of discovery
which will include: -

- ✓ Dr Bach, his Philosophy of healing and Principles of the Bach system
- ✓ The 38 remedies and their emotional states
- ✓ Do you find yourself overwhelmed by choice? Do you overthink things, procrastinate or doubt yourself?
- ✓ The Emergency Mix - for acute situations

Date : Saturday 23rd November 2024
Time : 3:00pm to 4:30pm
Venue : Online Webinar - on Zoom
Price : £15


Call now on 01242 - 539424 to reserve your place!

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Understanding Grief – Managing our Emotions through the Wisdom of the Bach Flower Remedies
Natural flower essences providing emotional support during challenging times

We will embark on a journey of discovery which will include: -


- ✓ Dr Bach, his Philosophy of healing and Principles of the Bach system
- ✓ The 38 remedies and their emotional states
- ✓ Remedies to soothe fear, manage anger, cope with sadness and work through guilt
- ✓ The Emergency Mix - for acute situations



Date : Saturday 11th January 2025
Time : 2:00pm to 5:00pm
Venue : Online Workshop - on Zoom
Price : £30

Call now on 01242 - 539424 to reserve your place!

Pauline Wickens BFRP MVHF MFSEM
Bach Flower Registered Practitioner
✉ harmony@chf.energy
🌐 <https://chrysalishealingfoundation.co.uk>
☎ (01242) 539 424





Chrysalis
Healing Foundation

An Introductory Course in Bach Flower Remedies
Natural plant essences facilitating emotional wellbeing and gently restoring balance and harmony in your life

We will embark on a journey of discovery which will include: -

- ✓ Dr Bach, his Philosophy of healing and Principles of the Bach system
- ✓ The 38 remedies and their emotional states
- ✓ How to choose and use remedies in everyday situations for yourself, your friends and family
- ✓ The Emergency Mix - for acute situations



Date : Saturday 1st and Saturday 15th February 2025
Time : 10:00am to 5:00pm each day
Venue : Isbourne Wellbeing Centre, 2 Wolsley Terrace, GL50 1TH
Price : £150 to include all course materials / handouts and two course texts

BOOK YOUR PLACE TODAY BY CALLING 01242-539424

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