

Christine Gayler & Associates present...

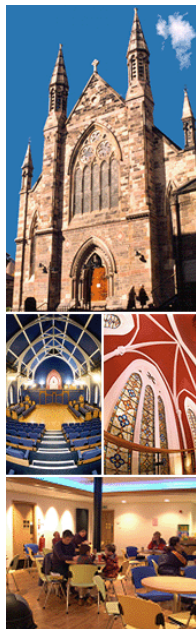


A Sunday Retreat for Women

Time for Tea... Time for Me... Time to Be...



Sunday, November 9th - 10:30am - 2:30pm



Join us at "The Wynd Centre" in the Apse Room

6 School Wynd, Paisley (within a stones throw of Paisley Gilmore Station)

Cost: 30 pounds sterling

(Includes one 20 minute Healing Therapy Session & Lunch)

(You can register for a second healing therapy for an additional 10 pounds)

TO REGISTER

Enrolment Limited! Register by Wednesday, November 5th online at www.innovative4you.com/retreat.htm

For more information: Email Christine at christine@christinegayler.com or 0141 404 6313

On the day of the week that was intended for rest, give yourself permission to step out of your life for a few hours.

Encircled by supportive women, you will begin your day by nurturing yourself with a healing therapy session and then nourish yourself with a delicious lunch.

During the afternoon guided conversation, you will be encouraged to consider what challenges you as well as what encourages you to make your self care a priority.

With support, you will be invited to take a courageous step that will strengthen your commitment to extreme self care.

CHRISTINE GAYLER

Christine Gayler cares deeply about people who care for others. Since 2000, the focus of her work in Scotland has been in the field of Recovery, and mental health and wellbeing for all.

HOLISTIC THERAPISTS

Barbel Cunningham, Carol Kennedy & Tanya Zangerle are fully qualified and independent complimentary therapists. All are members of the International Council of Holistic Therapists.

We will provide:

- **Advanced On-Site Massage** The client will remain dressed and will be seated on an aero-dynamic massage chair. The treatment involves movements like; strokes, kneading, tappotments and acupuncture. This includes elements of Shiatsu.
- **Indian Head Massage** This works on the head, scalp and face, upper back and neck (improves blood flow to head & distribution of oxygen)
- **Reiki** Works on energy fields to restore the body's natural balance.

All of these treatments can induce mental relaxation, remove muscular tension, treat depression and anxiety, regulate blood pressure, increase body's immunity & provide a feeling of wellbeing.