

11th & 12th October 2008
Hewett School, Hall Road, Norwich

Mind Body Soul

EXHIBITION

open
**Saturday
& Sunday**
10am to 5pm

Admission:

Adults £1.50

Children £1

Children under 16

FREE

if accompanied
by an Adult



Complementary Therapies and
Workshops for Personal Growth
and Spiritual Awareness

including Aura Camera • Crystals • Psychic Artist • Acupuncture

www.diannebrannan.com

Next Exhibition: 14th & 15th March 2009

Workshops and Lectures

All speakers and exhibitors are correct at the time of going to press. SOUL accepts no responsibility for programme changes beyond our control. Audio and visual recording of the workshop lectures are strictly prohibited and subject to copyright.

Registration

If you would like to receive future notification of Mind, Body, Soul Exhibition details, please leave your email address at the Registration/Raffle stand No. 11. Or send an email to: mail@diannebrannan.com

Future Exhibition Dates for 2009

14th / 15th March and 17th / 18th October 2009

Parking

Access to Exhibition Hall parking is via Gate 4 on Hall Road.

OVERFLOW PARKING can be found via Gate 3 on Hall Road. Entry is also available through Cecil Road gates. These gates take you into the Middle School grounds (previously used as the Park and Ride). Please **FOLLOW SIGNS TO OVERFLOW CAR PARKING** from Exhibition Hall car park.

Refreshments

Drinks and Vegetarian food is available throughout the two days and is provided by Silver Nutmeg of Eye, Suffolk.

Raffle

Once again a raffle is to be held in aid of the local Charity EACH, the East Anglian Children's Hospice, Quidenhäm Norfolk.

Organiser

Dianne Brannan - School of Universal Light (SOUL)

Tel: 01953 602993

Website: www.diannebrannan.com

Email: mail@diannebrannan.com

The exhibition is intended as a source of information only.
The Organisers accept no responsibility for the conduct of the exhibitors or the advice offered by them.

WELCOME to our 24th Mind, Body, Soul Exhibition.

If this is your first visit to this type of fayre/exhibition, then you are probably wondering what is it all about. Complementary ? Alternative ? These are different terms which are used when referring to the many varied healing techniques that you will see over these two days. There are stands offering treatments such as Reflexology, Cranio-Sacral, Bowen, Spiritual Healing, EFT, NLP, Shiatsu, Natural body skincare products, Egyptian massage.

We have a new treatment from Sandra Smith, she is bringing Japanese Cosmo Face Lift to Norwich! This amazing new treatment is proving to be a big success with the Japanese celebrities who are enjoying the benefits of this wonderful non-surgical face lift.

You can also see Flower Essences, Crystal Healing, Acupuncture, Reiki and Pure Essential Oils from Egypt to name but a few. We also have stands selling, books, meditation tapes, herbs, crystals, fairies, dreamcatchers, smudge sticks, sage, handmade jewellery and Aloe Vera. Some practitioners are offering taster sessions. Keep a look out.

This is an opportunity for you to have your Aura photographed. We also have Readers offering many different types of readings such as Hand Readings, Angel cards, Tarot, Astrology, Mediumship, Runes, Numerology and more.

The **CHILDRENS COMPETITION** can be found in the **Refreshment** area where you can also take a break during your visit and maybe in-between your treatments take a rest, enjoy a drink and Vegetarian food which has been prepared by Silver Nutmeg of Eye, Suffolk. This dining area is down the corridor, opposite Hall 2.

WORKSHOPS - AVAILABLE EACH DAY. Details below. (*Workshops may be subject to change*)

RAFFLE - Prizes are donated by the exhibitors and **THANKS TO YOUR GENEROSITY, IN THE LAST 12 MONTHS WE RAISED £461** FOR East Anglian Children's Hospice, Quidenham. To purchase raffle tickets visit Stand 12 in Hall 1.

WORKSHOPS

Saturday 11th October

- 12 noon** **How crystal therapy can enhance your health and wellbeing with Rebecca Geanty**
- 1pm** **Introduction to the Psychospiritual Approach**—Integrating the healing of psychological wounds and spiritual emergence with **Naomi Duffield, Diploma in Psychospiritual Psychotherapy, Mangreen Trust**
- 2pm** **'Building confidence in your mediumship** wiith **Tina Wilkins**
- 3pm** **The Benefits of using Healing Herbs for Health**—Information on using herbs from your backyard! **and LifeCoaching can seriously change your life!** Feel empowered to make the changes you've always wanted to make, to do what you have always wanted!
with **Paula Stone, Meadowsweet Holistic Health**

Sunday 12th October

- 12 noon** **Environmental Healing**—Harmonizing the energies in the home & workplace with **Barney Ralston**
- 1pm** **The Endorphin Effect**—A breakthrough strategy for holistic health and spiritual wellbeing with **Naomi Duffield—Endorphin Effect Coach, Mangreen Trust**
- 2pm** **The Benefits of using Healing Herbs for Health**—Information on using herbs from your backyard! **and LifeCoaching can seriously change your life!** Feel empowered to make the changes you've always wanted to make, to do what you have always wanted!
with **Paula Stone, Meadowsweet Holistic Health**
- 3pm** **Guided Meditation**—Tap in to your inner wisdom and find great peace within your heart with **Paulina Allen**

Hall 1

1 Crystal Dimensions Energy School

Crystal Therapy
01508 491749 / www.crystaldimensions.org

3 Natural Spa Supplies Ltd

Mineral & Organic Skincare, Edible Clay & Water Pots
01603 474516 / www.naturalspasupplies.com

4 Heidi Sinclair - The Orange Lady

Natural Clairvoyant Medium / 01485 570034

6 Neal Lappin

Shiatsu backrub / 01953 606194

8 The Pharaon

Egyptian Massage, Indian Head Massage
01603 622955 / 07766 141358 / www.thepharaon.co.uk

9 Moon Spirit

Handmade Wands, Smudging Feathers and Herbs
01508 493475 / www.moonspirit.org.uk

11 Chris Coupe

World Class Aloe Vera for Health from 'Forever Living' products / 01603 491599

12 INFORMATION & RAFFLE

In aid of Quidenham Children's Hospice

14 Eric Demmon

CranioSacral Therapy
01508 571223 / www.ericshalinghands.com

15 Sandra Smith

Japanese Cosmo Face Lift
01603 701705 / www.norwichreflexology.co.uk

16 Psy card readings by Pammy

07885 971717 / krystal_07@hotmail.com
www.krystal-klear-reading.co.uk

17 The Healing Trinity

Crystal readings, Dowsing for health
01603 810298 / www.thehealingtrinity.com

18 Richard Symon

Handreader
07884 405522 / handreader@googlemail.com

19 Words of Peace

A Message of the Heart - Prem Rawat
01603 466348 / www.wordsofpeace.net

20 Help for Tibet in Exile

Sponsorship for monks & elderly Tibetans
Val Bailey / 01508 499234

22 Sweet Sensations

Pure, Natural Essential Oils, Herbal Remedies from Egypt
01842 820000 / www.sweetsensations.co.uk

23 Arnaud Geanty D.O.

Cranial & Myofascial Osteopathy - Easton, Norwich & Wymondham / 01603 880214 / arnosteo@aol.com

24 Rebecca Geanty

Crystal therapy / EIP of DNA - Bluebell Practice, Easton, Norwich / 01603 880214 / rebecca362@hotmail.com

25 Linda McCroft Alternative Approach

EFT, NLP, No diet weight loss, Emotrance, Relax kids
01953 458092 / www.alternativeapproach.co.uk

26 Nikki Wheatman

Fashion Rockz handmade jewellery
07990 798685 / nikki.wheatman@btconnect.com

27 Norwich Academy of Holistic Therapies

Accredited holistic therapy training
01603 627891 / www.norwich-beauty-academy.co.uk

28 Dharmacare Bookstall

Excellent quality secondhand Dharma books from Tibetan traditions together with shrine objects / 01493 748906

29 Pippa Allen

Reiki / 07864961277 / pipallen61@yahoo.co.uk

30 Ian Greengrass

Reading the Chakra System

30 Sally Taylor

Clairvoyant medium / 01603 897724
www.sallytaylor.biz

34 Dawn Chrystal

Bach flower remedies with Angel readings
01493 369842 / dawn@astara.plus.com

35 Serenity Empowerment Coaching

07734364846 / www.serenity.uk.com

36 Meadowsweet Holistic Health Paula Stone

Herbal medicine, Iridology, Life coaching
01953 778722 / www.meadowsweetholistichealth.co.uk

38 Mark Burrows L.Ac Acupuncturist

07905 273593 / 01603 665163 / www.zangfu.info

39 Complementary Health Care Clinic

Natural Solutions to ALL your Health Problems
01603 665173 / www.holistic-care.com

40 Homeopathic College of East Anglia

Introductory and Professional Courses
01603 665173 / www.homeopathic-college.com

41 The Natural Food Store

Specialist in Natural Health
01603 613228 / www.shop-naturally.com

42 Allison Maltby

Kinesiology
01603 418358 / allisonmaltby@ntlworld.com

43 The Bowen Centre Dominic Varle

Bowen and Reflexology to relieve aches & pains, promote mother & baby health, and help establish long-term wellbeing / 01603 627446 / www.thebowencentre.com

44 Donna Rae Walls

Bowen and Equine Bowen
01379 608807 / 07742 051532

44 Beauty4you Dawn Kyle

Reflexology and bodycare products
01603 702666

46 Aura Magic

Aura camera
01604 759187 / www.auramagic.co.uk

49 Gracia Travis

Psychic & Spiritual Counsellor
www.thepsychicworld.co.uk

50 Pete Green

Astrologer and Tarot Reader
www.thepsychicworld.co.uk

51 Crystalite Rocksalt and Crystal lamps

01603 425247 / sandra@crystalite.co.uk

52 Tina Wilkins

Holistic Therapies & Inspirational Readings
01603 414663 / www.spiritessence.co.uk

53 Pure Holistic Catherine Ramsbottom

Handmade Paraben free aromatherapy products and Holistic therapies - Indian head massage, ear candling
01603 507484 / 07806 329003 / www.pureholistic.co.uk

**Workshops are being offered over the weekend -
see page 3 for details**

Exhibitors: these may be subject to change

See back cover for floor plan of exhibitors

Hall 2

54 The Cinnabar Gem and Gift Shop

Crystals, Gifts, Jewellery, Fairies, Buddhas and Therapies
01603 478263 / cinnabargemgift@aol.com

56 Divine Time Holistic Therapies Carolee Reeve

Facial and Body Massage, Reiki, Indian Head,
Hopi Ear candling / 07979 777727 / www.divinetime.me.uk

57 Pete Dee - Portraits of Light

Spirit guide portrait and reading / 07788 878788

58 The Body Shop at Home Jenny Wilkinson

Natural Bodycare products and hand massage
01603 866138 / wordjen@sky.com

59 Pain Relief Centre

Most advanced Bio medical system for pain relief. Uses
our own body healing power by stimulating your body to
heal itself / 01603 620635 / Magdalen Street, Norwich

61 Melanie Elliott Tranquil Balance

Reiki, Crystals, EIP
07941 378301 / www.tranquilbalance.co.uk

62 Josephine McCoy

Psychic, Medium, Clairvoyant, Healer, Teacher
01603 702293

64 Gemingaia

Crystals, Crystal Therapies, Workshops, Meditation
01986 784438 / gemingaia@btinternet.com

66 Kimberley Dawn Carpenter

Aromatherapy hand massage, Reflexology, Ear candling
07900 625599 / kdcar@tiscali.co.uk

66 Paulina Dixon

Copper Pyramid healing with sound
01603 866282 / pauladixon41@btinternet.com

67 Alison Whittle The Shiatsu Room, Norwich

01603 667027 / www.theshiatsuroomnorwich.com

67 The Shiatsu College

Learn Shiatsu or come and have a treatment
01603 632555 / www.shiatsucollege.co.uk

68 Kirlian Aura Photography

01328 730469 / 07832 386706 / pabetts@tiscali.co.uk
www.kirlianimaging.co.uk

69 Jackie Vines Seasons

Lifestyle Analysis & XANGO (Mangosteen Juice)
01263 824407 / mikefred@btinternet.com

70 Andi Pandi for Colour Readings

Taking no prisoners, telling no lies.
01638 603145 / andipandi666@googlemail.com

73 National Federation of Spiritual Healers

For Information: Diana Bylett
01953 850121 / diana@energyzplus.com

80 Vikki Fosdal

Numerology / Tarot / Sacred geometry readings
01603 717074 / vikki_lightweaver@hotmail.com

81 Sue Clyne Fantasy Art

01603 444932 / www.suesmysticalminds.com

82 Gill McDonald Tarot and Rune readings

07707 759051 / www.lilithscave.com

83 Deborah Trafford, ITEC, MAR.

Reiki; Dip AOSM, Acupressure Massage & Book
01603 720467 / d.trafford@amservice.com

85 Mangreen William and Naomi Duffield

Spiritual Oasis Facility, Psychospiritual Workshops
01508 570444 / trust@mangreen.co.uk

86 Angelcloud Tracey Harris

Spirit guide readings
01603 873396 / angelcloud@hotmail.co.uk

87 Natures Insight Flower Remedies

info@naturesinsight.co.uk / www.naturesinsight.co.uk

2009 exhibition dates

Enjoyed yourself today? Then visit us again in 2009

**14th
& 15th
March**

**17th
& 18th
October**

tel. 01953 602993 www.diannebrannan.com

Mangreen Trust

A Spiritual Oasis for nourishing Mind, Body and Soul

Attunement Healing Workshop

Saturday 22nd November 10am– 5pm £40

Endorphin Effect

Strategies for Holistic Health & Spiritual Well Being

Saturday 6th December 10am - 5pm £40

Attunement Healings in Light Centre

Thursday mornings 10am (by donation)

Psychospiritual approach to Life

6 week course starting Tuesday 11th Nov
10am – 12.30pm £60

Spiritual Exploration Group

Tuesdays 7 – 9pm on 7th Oct, 11th Nov, 8th Dec (by donation)

Contact: William and Naomi Duffield

Mangreen Trust , Nr Swardeston, Norwich NR14 8DD

01508 570444 or trust@mangreen.co.uk

HOLISTIC THERAPIES

SPIRITUAL GUIDANCE



TINA WILKINS

www.SpiritEssence.co.uk

I began my own journey many years ago, reading Tarot cards for myself and friends. I then became fascinated by crystals and after studying for a two-year period with the Crystal Healing Spiritual Ventures Association, gained my diploma to practise as a Crystal Healer.

During this time I developed my clairvoyance and mediumship, trained in Indian Head Massage (IHHT) as well as training in the Usui/Tibetan Reiki Tradition to Master/Teacher.

In order to share these wonderful gifts and provide an opportunity for others to share theirs, I began an Awareness Group, which provides information, as well as offering spiritual and personal development evenings and workshops.

My path has now lead me to Norwich where I hope to continue this work as well as be open to the opportunities which continue to enrich my life.



Watch the new videos available on www.spiritessence.co.uk, also see the dates for workshops 08/09

Tel: **01603 414663** Mobile: **07876 225549**

Email: info@spiritessence.co.uk www.spiritessence.co.uk

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Dianne Brannan

Holistic Way to Health can be achieved*Dianne can help you let go of your Stress, Grief, Anger, Fear and/or Pain from your life.*

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Spiritual guidance

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'The Orange Lady'

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ARE YOU AT A CROSSROADS?

DO YOU NEED DIRECTION?

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READINGS**

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01485 570034

Hall 1 & 2 Floor Plan

