

Booking Form

How to book

Please read the booking terms below and send this completed form, and cheque payment to:

**Sophia Please, House no. 9 Saxon Lea Court, 12 Saxon Road,
London, E3 5DX**

Cheques to be made payable to "Sophia Please".

Once payment is received, you will be forwarded receipt of your booking and further practical course information shall be issued.

Please note that group sizes for this course are limited to 10 participants to ensure quality tuition, so please book early.

Name	
Address :	
Address:	
Contact No.	
Email:	
	Please Tick
Course Title: "Sacred Ways" Training & Development Nov 2009 – Mar 2010	
Early Bird Discount - I enclosed Full Payment Fee £715	
I enclose a deposit of £157 and will settle the balance 4 weeks before the start of the course.	
Payment Plan: I have an agreed Payment Plan with Sophia and enclose a Deposit Payment Fee £157	

Booking Terms

Below are the Booking Terms, please read these before completing this form.


Please note that the Deposit Booking Fee is non-returnable. Any balance of my payment for the course will be forwarded to 'Sophia Please' 1 month before the starting date. If I cancel after this point there is no refund. If I have an individual payment plan, agreed with Sophia, I will abide by the terms of our agreement. I am responsible for my own wellbeing and well fare for the duration of the course and with the return of this form, I will inform the course facilitator of any well being issues or medical conditions I have. By completing this form and returning it, I understand and acknowledge these booking terms.

"Sacred Ways"

Self Development & Training in Holistic Healing

With Healer Sophia Please

London - November 2009 – March 2010



Welcome Sacred Healing Practices Into Your Life,
For Yourself, Loved Ones,
Your Community & The Earth.

t: 07751 829101

www.sophiaplease.co.uk

info@sophiaplease.co.uk

Course Outline

This course teaches the fundamentals of holistic healing practices and tools, which are divided into four core units; Mind / Body / Spirit & Soul / Community. When we work to heal holistically we can integrate wellbeing with a wholeness, approaching all facets of our environment, and ourselves sensing with a greater connection and vision.

The emphasis of this course is very much based on experiential learning and for each member to embark on a personal healing journey as a core part of the learning process. This "Soulful Learning" approach will allow you to experience and understand the sacred connections of the work.

Through our time together you will learn how to facilitate these wisdom practices and traditions, with an integrative modern day approach. Ancient healing teachings, practical exercises, medicine systems, sacred ceremony and earth based spiritual traditions will be the main forms we shall use to embody the learning. You will be supported to explore your given gifts and create your own unique practice, for yourself and for others. We will create group community, support one another and develop paths, enabling each member to fruit their gifts into the world.

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About Sophia

Within her practice, Sophia offers, extensive knowledge of the therapeutic and healing fields, authentic compassionate support, intuitive wisdom and a natural sense of healing. Her work can be experienced through the forms of; individual one-to-one treatments, workshops, retreats, ceremonies and trainings. Sophia has set up her own established private practice since 2004, as well as working within Natural Health Clinics in London. Besides her own Holistic Practice she teaches Health, Healing, Creativity and Environment programmes within mainstream education and community initiatives.



Healing Trainings & Teachings

Sophia is a natural healer and has high levels of sensory perception. Her journey into healing intuition started from young and she holds a deep connection with nature and spirit. She has been working professionally with Mind, Body and Spirit Healing since 2004. She is committed to her own path of healing and through this she has gained a first-hand perspective of the infinite healing potential of these therapies and sacred practices. She is passionate about the work she facilitates and continues to deepen her vision and knowledge of this practice.

Sophia's Vision

"The work I provide is dedicated to supporting you to discover your full well-being potential and is designed as a tool of empowerment and awakening. I offer people the experience to develop deeper and healthier connections to themselves, with relationships to others, as well as the environment. I am a true believer of the mind, body and spirit approach to health and healing. My intent is to hold all treatments, group spaces and trainings with integrity and wisdom."

"Warming nourishing, calming.....a stilling of the mind, body and spirit. The workshop provided me with clarity and focus to go forward. And I know that it also touched me on many other deeper levels that I am perhaps yet unaware of. Sophia is a beacon of wisdom, peace and healing, just being in her presence is healing."

Beth – London

"I feel so much calmer and at peace,you have healing you hands for sure!" **Alyson - France**

"This was a really enlightening experience for me. I feel more connected to those I love, have a greater understanding of myself. Thank you so much for your warmth, openness and healing." **Alex - London**

“Learn the healing ways of the Mind, Body, Spirit Unity, within the magic of sacred ceremony.”

What will the course cover?

Part 1.) Bodywork and Energy Healings

Creating Healing Space / Holding Space / Case Studies
Energy Healing
Chakra Healing

Part 2.) Mind Healings, Awareness & Psychic Development

Meditation and Healing Breath work
Intuitive Development / Working as a Channel
Expanding Awareness & Consciousness -The Shamanic Journey

Part 3.) Soul and Spiritual Healings

Centering, Grounding and Protection
Connecting with your Guides and Growing Relationship
Healing the Soul and Spirit

Part 4.) Ceremony, Lineage and Community

Creating Sacred Space - Healing and Transforming with Ceremony and Ritual
Ancestral and Lineage Healing
Healing Land, Animals and Environment

Part 5.) Integration –Welcoming In your Practice

Overview of Practices
Practice Fundamentals & Self Care

Completion Day Gathering – Practitioner Ceremony

Working with Healing Ceremony

“The beauty and transformative nature of healing ceremony is that it creates a realm for inner wisdom and medicine to unfold organically, in a sacred way, for each individual. Amongst the more structured practises throughout the course, there will be a weaving in of the unknown, a personal time for reflection, allowing your gifts to grow and fruit.”



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Course Costs

Full course cost: £785

Deposit Payment: £157

Early-bird Booking: Early payment discount applies of £70 if booked with deposit by 10/09/09

A Monthly Payment Plan is also available:

Deposit £157 / Nov £157 / Dec £157 / Jan £157 / Feb £157,

Please speak to Sophia to arrange the Payment Plan.

Dates

7th & 8th Nov 2009

20th & 21st Feb 2010

5th & 6th Dec 2009

20th & 21st Mar 2010

9th & 10th Jan 2009

Application

Sophia believes we each already hold our sacred tools, knowledge and wisdom within, it's simply a matter of awakening, growing and transforming our gifts alive.

If you haven't worked with Sophia before you are invited to write a letter from a personal perspective, saying what draws you to this course. Please also include any healing work and self development practice that you have experienced your self, either as a recipient or as a practitioner / carer / giver. Places for this course are limited to 10 to ensure quality teaching, so please book early.

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“The course is as much a journey of personal healing, as it is learning sacred teachings.”

Who is the course for?

This course is open to all.

- If you have had healing yourself and wish to explore these healing practices in more depth.
- For those considering themselves new to healing and keen to welcome in foundation practices for yourself, friends, family and / or new potential clients.
- For those wanting to expand more consciously within their professional practice, awakening insight, awareness and new pathways.
- For seasoned practitioners wishing to designate core time for self-development / self-healing and to add new tools and renewed energies to your practice.

What ever your calling, this is an opportunity to take a path of healing transformation, awaken to a fuller existence and welcome in these ancient healing traditions.

She welcomes you to contact her about the course and to find out how it can support you in your life.

