

## Costs

Earlybird discount is £240p/p if paid by 13/03/10  
(Payment must be received by the date stated to receive discount) Per individual seasonal Sunday £70p/p

### Concessions

For the 4 seasonal days Earlybird discount is £220p/p if paid by 13/03/10. A quarterly payment system can be arranged in agreement with facilitators, please contact for more information. Per individual seasonal Sunday £60p/p

Costs include remedies.

Venue - East London

Please contact for more details.

### Booking and information:

To book or if you'd like to find out more about how "New Shoots" can support you in your life, please contact Sophia or Grazia, we welcome your enquiry.

## About Sophia

Sophia is an established and experienced Holistic Practitioner and Healer. She provides one-to-one therapies, courses and trainings that focus on optimising well-being for mind, body and spirit. Her work carries a soulful, compassionate resonance, alongside practical solutions, all which support the healing of ailments, issues and life transitions. Sophia's group spaces are rich and magical. They offer each person opportunity to connect to their intuitive self and live the golden gifts they hold within. Each one is generated with wisdom, spirit and heart, to nourish the sacred being you are.



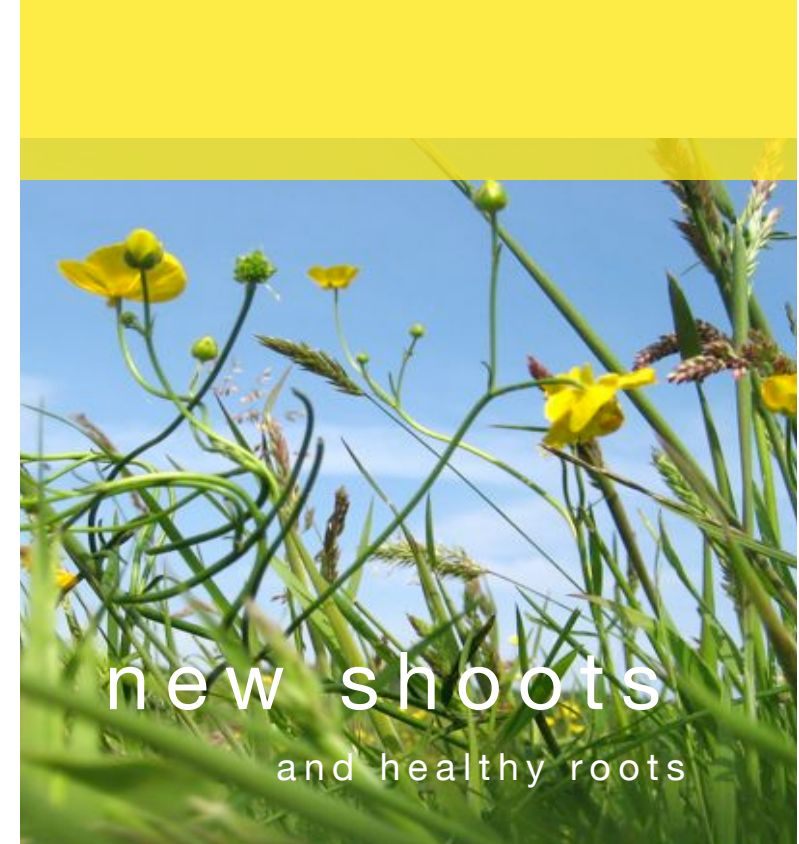
t: 07751 829101  
e: info@sophiaplease.co.uk www.sophiaplease.co.uk

## About Grazia

Grazia's journey with homeopathy started 20 years ago, when she began using it as alternative medicine for herself and her family. She then decided to train formally and she has been a registered homeopath for 10 years. Grazia loves the fact that homeopathy treats the person, not the disease and therefore is an ideal form of medicine to support each person's health and well-being throughout life, viewing our health history as a journey and helping us to make sense of it as a continuous development of body, mind and spirit.



t: 020 8533 2656 |  
e: grazia@jemuk.gotadsl.co.uk



new shoots  
and healthy roots

*A seasonal well-being programme  
for your holistic health and healing!*

With:  
Holistic Practitioner Sophia Please  
Homeopath Grazia Gatti  
and guest practitioners

Contact:  
Sophia: 07751 829101  
Grazia: 020 8533 2656

## New Shoots Positives

Receive regular Mind, Body and Soul seasonal support over the year and learn practices that connect with your natural rhythms.

Connect with healing through seasonality, optimise holistic health and sustain immunity wellness.

Receive remedies for current acute ailments, needs and conditions.

Get support for longer term ailments and learn how to heal them.

Welcome in time for self connection, flow, balance and renewed energies.

Take home your own unique "New Shoots Remedy Kit", as well as self healing practices.

Receive an Earlybird Discount when you book all four days.

Be within a warm and friendly environment, with experienced practitioners, amongst like minded folk.

## What's "New Shoots" all about?

"New Shoots" provides a seasonal space for supporting your holistic health, well-being and healing throughout the year. Each seasonal Sunday offers a space to relax, restore and renew. Come and improve your immunity, heal seasonal ailments and core issues, held with warmth and wisdom from experienced practitioners.

## Health Sustainability

In each New Shoots Sunday space, we will be working with a selection of remedies and healing practices that focus on healing seasonal ailments, as well as optimising your holistic health. There will be an opportunity to experience and learn a range of self-healing techniques. Alongside these there will be support for you to explore and develop your own sustainable well-being home practice.

### "New Shoots" Dates - London

12.30pm - 6.30pm

Spring Sunday 28th March '10

Summer Sunday 20th June '10

Autumn Sunday 3rd October '10

Winter Sunday 30th January '11



"New Shoots offers a holistic health space for you."

Time dedicated to allowing you to unfold, to come home to yourself, receive nourishment and then sprout new shoots!

## Well-being Practices we offer

Examples of some of the practices we shall be working with are: Homeopathic Remedies, Ancient Healing Practices, Breathing and Creative Meditation, Gentle Bodywork Practices, Naturopathic Solutions and Reiki Healing.

## Who's it for?

New Shoots welcomes all. No ability level needed or experience, we welcome you to come as you are. To maximise the well-being potential, the programme is designed for participants to come to all four seasonal Sundays. If this doesn't work for you however, we are more than happy for you to come on an adhoc basis. If you have any questions or you'd like to find out more about how the programme can support you, please feel free to contact us.

## "The New Shoots Remedy Kit"

As part of sustaining your health over the four seasons we will be creating a remedy kit unique to you. By the end of the year you will have your own bespoke New Shoots Remedy Kit to take away! In addition to this there is an opportunity to have one-to-one follow ups with Sophia and Grazia.

The space is led by Holistic Practitioner and Healer Sophia Please and Homeopath Grazia Gatti, alongside guest practitioners. Sophia and Grazia are professional and experienced practitioners in the holistic health field and are passionate about bringing health and healing to all.

Contact:

Sophia: 07751 829101

Grazia: 020 8533 2656