

# Breathing Space Norfolk – Therapies & Workshops

We offer a range of therapies to enhance your stay. All our therapists are hand-picked and run their own local practice. Therapies cost £60 for a full hour. Some are double sessions (as marked on our website). Therapies are payable by **cash** (exact if possible) paid directly to your therapist.

**You book** - treatments can be pre-booked directly with the therapist, who will carry out the treatment at Breathing Space.

When you contact the therapist to book, please let them know:

- Your time of arrival (important as you may have therapies on the day you arrive).
- Name of the accommodation you are staying in.

**We book for you** – complete a form followed by a 1-1 zoom / phone consultation to help choose the optimum treatments for you. Carried out by Alexis who is trained in Chinese medicine and has 18 years' experience in the holistic therapy sector. 1-1 booking & consultation service - £20.

Here is what's on offer. Our website has more information on each therapy and a profile of each practitioner.

<b>Samantha Cullingford:</b> hand readings, chakra balancing, reiki, facials, mindful meditation, crystal healing. <i>Samantha is currently on sabbatical.</i>	<a href="mailto:scullingford@yahoo.co.uk"><u>scullingford@yahoo.co.uk</u></a>
<b>Clyre Darke:</b> Massage, reiki, reflexology, indian head massage, EFT, guided meditation.	<a href="mailto:clyredarke@gmail.com"><u>clyredarke@gmail.com</u></a>
<b>Sean Emmerson:</b> Bowen technique, kinesiology, food allergy testing	<a href="mailto:seanemmerson95@hotmail.com"><u>seanemmerson95@hotmail.com</u></a>
<b>Georgina Huggins:</b> Yoga, Mindfulness, Meditation	<a href="mailto:hello@norfolkyogatherapy.co.uk"><u>hello@norfolkyogatherapy.co.uk</u></a>
<b>Paulina Jones:</b> sound healing, reiki, chakra balancing, NLP, EFT	<a href="mailto:paulinajones@hotmail.co.uk"><u>paulinajones@hotmail.co.uk</u></a>
<b>Louise Parker:</b> Flowerghosts Art Therapy workshop	<a href="mailto:restlessrosevintage@yahoo.co.uk"><u>restlessrosevintage@yahoo.co.uk</u></a>
<b>Natalie Patterson:</b> Massage, including: hot stone, Swedish, deep tissue, face & scalp. Facials.	<a href="mailto:nats.palmer@hotmail.com"><u>nats.palmer@hotmail.com</u></a>
<b>Stella Sheldon:</b> Holistic Hypnotherapy, NLP, EFT, Spiritual Coaching, Qigong, Fatigue Support.	<a href="mailto:info@soulspaceunlimited.com"><u>info@soulspaceunlimited.com</u></a>

<b>Tuesday Simmonds:</b> Yoni steaming	<a href="mailto:wisewombon@gmail.com"><u>wisewombon@gmail.com</u></a>
<b>Cora Mullenger:</b> Art workshops	<a href="mailto:info@coracora.co.uk"><u>info@coracora.co.uk</u></a>
<b>Lesley Colella:</b> Flower workshops	<a href="mailto:lesleycolella68@gmail.com"><u>lesleycolella68@gmail.com</u></a>