

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.

Clyre Darke: Massage, reiki, reflexology, Indian head massage, EFT, guided meditation.	clyredarke@gmail.com
Sean Emmerson: Bowen technique, kinesiology, food allergy testing	seanemmerson95@hotmail.com
Amber Hale: Shiatsu, Aromatherapy massage, Yoga	amberhale1@yahoo.co.uk
Georgina Huggins: Yoga, Mindfulness, Meditation	hello@norfolkyogatherapy.co.uk
David Jones: Sound healing, gong baths	Ancientlightsoundhealing@hotmail.com
Paulina Jones: Sound healing, reiki, chakra balancing, NLP, EFT	paulinajones@hotmail.co.uk
Louise Parker: Flowerghosts Art Therapy workshop	restlessrosevintage@yahoo.co.uk
Natalie Patterson: Massage, including: hot stone, Swedish, deep tissue, face & scalp. Facials.	nats.palmer@hotmail.com
Stella Sheldon: Holistic Hypnotherapy, NLP, EFT, Spiritual Coaching, Qigong, Fatigue Support.	info@soulspaceunlimited.com
Tuesday Simmonds: Yoni steaming	wisewombon@gmail.com
Sophia Ward: Spiritual medium, reiki healer	sophialightsoundhealing@hotmail.co.uk
Cora Mullenger: Art workshops	info@coracora.co.uk
Lesley Colella: Flower workshops	lesleycolella68@gmail.com

Disclaimer: whilst holistic therapies can help alleviate a wide range of conditions, and help the body to heal itself, our therapists do not claim to cure or diagnose any medical condition. If you have a health problem, medical emergency or a general health question we recommend you consult your GP. Tarot and psychic readings may offer an insight into a person's life, but they are intended for entertainment purposes only. Readings in no way constitute health, legal or financial advice and we would always advise you to consult a professional. You must be over the age of 18 to receive a tarot or psychic reading.