

Quietening the Storm Course

Take a Walk into your Self Knowing..

Breathe and explore the woman you are and the woman you are becoming.

Take a Walk with your Truth..

Breathe and connect to the earth, her rhythms, her power and her beauty and discover that you hold the ability to heal.

Take a Walk with Opel Skies and Linda King..

Onto this intuitive, experiential self healing course, designed to enable you to explore, heal and progress as the unique, sacred and beautiful woman that you are on this earth. The Quietening the Storm course is designed to equip you with many ways of healing, progressing and discovering the Divine Feminine; by exploring through various creative self healing techniques; such as voice, movement and laughter the themes contained within the Quietening the Storm Cards ©. The Quietening the Storm Cards contain themes such as Love, Self Love, Truth, Purpose, Intention and Self Expression though Divine Purpose in sacred thoughts and actions. The Quietening the Storm cards guide you to a still peaceful place and through gentle purposeful encouragement enable you to release, heal and rest. The course will take place over a period of nine months starting on October 18th 2009 and ending on June 20th 2010. It will also include a residential experience and an overnight stay, exploring the power and beauty of the earth at different seasons and times of the day.

Facilitators:

Opel Skies with many years experience as a Healer, Natural Energy Practitioner, Breath worker, Spiritual Guide and Facilitator, purposefully encapsulating the Divine Feminine in all her work. Opel Skies roots her Truth in the knowledge that all women possess the gift of medicine and self healing and in this knowledge enables the individual to heal from their own central place of well being.

Linda King is an Artist, Facilitator, Healer, Labyrinth Facilitator and Wise Woman. Her professional practise has evolved over the many years of her passage through life; both as a unique human being with her own story to tell and as a member of the human family. During this time, she has lived and worked with many different people witnessing the awakening and understanding of many aspects of themselves as they are given time, space and support to experience their inner lives through creative self expression.

Numbers:

Places are limited to 15 per month with priority given to women booking on the whole course.

Time and Place:

Sunday October 18th 2009. Venue to be confirmed with booking confirmation.

Investment:

£45 per session (investment will be more for residential and overnight stay).

Flexibility of investment is assured for those that require it

Contact:

For further course information or information about Quietening the Storm Cards, please contact Opel Skies on 07931317497, email: opelskies@opelskies.com or visit: www.opelskies.com.

