

# *the* Upminster Sanctuary

COMPLEMENTARY HEALING & TEACHING

## HOLISTIC TREATMENT LIST



*“Give to my eyes the power to see the hidden source of ill.  
Give to my hands the healing touch, the throb of pain to still.  
Grant that my ears be swift to hear the cry of those in pain.  
Give to my tongue the words that bring comfort and strength again”.*

**“A Centre of Excellence for Healing & Teaching”**

The Upminster Sanctuary,  
Pea Lane, Upminster, Essex RM14 2XH  
Tel 01708 251124 Email: [admin@upminstersanctuary.com](mailto:admin@upminstersanctuary.com)

Visit Our Website: [upminstersanctuary.com](http://upminstersanctuary.com)

# ACUPUNCTURE

## ACUPUNCTURE FOR WOMENS HEALTH AND WELLBEING

Gursharan Kaur BA (Hons), BSc (Hons), MBAcC

Initial Consultation		£25
Follow Ups	50 mins	£65

## ACUPUNCTURE FOR MEN & WOMEN'S HEALTH AND WELLBEING

Clare Gilchrist BSc (Hons) MSc MBAcC MRCHM

Initial Consultation & Treatment	90 mins	£75
Follow Ups	50 mins	£65

## ACCUPUNCTURE FOR MEN & WOMEN'S HEALTH AND WELLBEING

Sarah Fitzgerald, Lic.Ac., MBAcC, RESTORE Scar Therapy Practitioner

Initial Consultation and Treatment	90 mins	£70
Follow up Consultation	50 mins	£60

Acupuncture is an ancient therapy based on the principles of Chinese Medicine. Central to understanding acupuncture is the concept of qi, a vital energy or life force that flows through our bodies. This qi is concentrated within channels and meridians throughout the whole body. If the flow of qi is disrupted it can result in illness or pain.

Acupuncture works by correcting the flow of qui and preventing further disruptions from occurring. This is achieved by accessing the qi at specific locations know as acupuncture points. With over 350 different acupuncture points, the methods of diagnosing and treating with acupuncture are always tailored to the individual.

## Acutonics (SOUND HEALING)

Miles Kempton

1 hour £65

This effective non-invasive approach uses sound waves produced by precision-calibrated tuning forks, set to specific frequencies, which send the vibratory energy of sound through the acupuncture & acupressure points, and other energy systems of the body.

## Acutonics Continued.....

There are three tiers and octaves of tuning forks; low, medium, and high; which are calibrated around planetary orbital velocities and range from 70hz to 550hz. The mid and low forks have resonators to prolong the vibration of the tuning fork. The low forks allow for deeper tissue penetration, whereas the highs are used above the body in the (bio)field.

The forks are not only used on acupuncture points, but on trigger points, muscle insertion points, hand su-jok points, the face & feet, as well as any points of pain. Tuning forks are an ideal way of delivering information with precision, wherever it needs to be applied.

## AROMATHERAPY MASSAGE

### AROMATHERAPY & AROMATHERAPY MASSAGE

Julia Massey is our Founder and Resident Aromatherapist. Julia has been practicing Aromatherapy for over 30 years and was taught by Robert Tisserand.

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC

Initial Consultation for all treatments up to 40 Mins £20

Aromatherapy prescription blends are made using all organic base and aromatherapy essential oils.

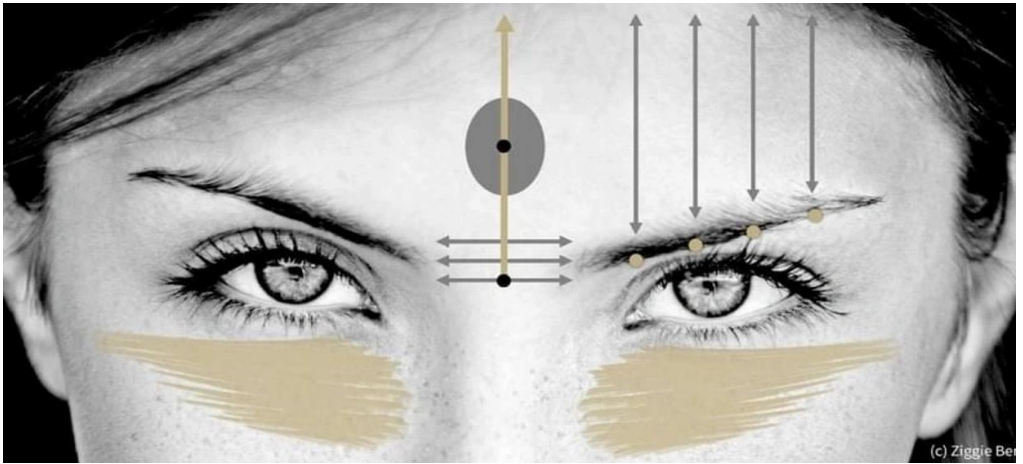
Neuro Muscular Face Massage, Whole Back,  
Neck and Shoulders 1 hour 30 mins £90

Neuro Muscular Face Massage, Neck,  
Shoulders and Reflexology 1 hour 30 mins £90

Whole Back Massage 1 hour £65

### NATURAL LIFT HEALING & DESTRESSING AROMATHERAPY HEAD FACE & NECK MASSAGE

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC 1 hour £65



## ZONE FACE LIFT

Michelle Bowman MAR

Using the Bergman Method which is a combination of facial reflexology, face reading, advanced massage techniques, and spiritual healing. This treatment has been developed to help us age well and as a natural alternative to botox and fillers. The 12 week programme which relaxes and lifts the facial muscles, smooths out wrinkles and fine lines, sculpts the face, stimulates collagen and plumps the skin giving you a youthful glow is renowned for removing as much as 10 years of ageing.

This is not just a facial, it's a spiritual experience ! Welcoming change and removing negative energy helping you feel as good on the inside as you look on the outside.

"A Spiritual Facial treatment unlike any other"...The Sunday Express

"Extraordinary !" ...Tatler

"A contender for London's best facial treatment...Sarah Vine, Leading Beauty Journalist"

Steal the show at that special occasion with a one off treatment !

Your skin will be glowing and you will feel and look refreshed.

Also popular with clients who have finished the 6 or 12 week programme and would like a maintenance treatment from time to time to keep the magic working.

60 minutes £85

90 minutes £120

(includes foot reflexology)

## BODY MOT

Miles Kempton

1 hr 30 mins

£135

Body MOT is a biomechanical and posture assessment to see how your joints, muscles and body is moving. Ideal to see what priorities are needed to fix in order to reduce poor posture, pain, or for preventative measures and rehabilitation. HR, blood glucose (if required), spinal curve measurements, posture assessment, all joint range of motion tests, flexibility and mobility tests, along with some basic movement screens to see how you are moving, and if there's any pain or restriction in any joints. So you know what to prioritise in any gym sessions in regards to stretching and strengthening. It also gives you baseline figures and numbers on the board for you to track progression and improvement if starting a new eating or exercise regime.

## TPI ASSESSMENT

30 mins

£75

TPI Assessment is the Titleist Performance Institute Golf Assessment for amateur and elite tour players. The screen/assessment is based on 16 exercises that are key for a preferred Body-Swing connection. Correcting any movement patterns that are limited will make your swing more efficient, powerful, and less likely to cause injury.

# BOWEN THERAPY

Karly Thompson  
Bowen Therapist  
1hr

£70

The Bowen technique itself is a powerful, yet gentle and unique form of holistic remedial bodywork. Potentially any problem can be addressed, it is effective at relieving and, or resolving a wide range of health problems, including injuries, trauma either emotional or physical, chronic and painful conditions and skeletal disorders.

Utilising Karly's range of skills and knowledge of Bowen, focused moves are made at specific points on the body, Karly then uses specific neurological techniques and energy work to reset, realign and recalibrate the body, paying particular focus to the nervous system and any blocks or patterns held in the soft tissue. Karly addresses the person as a whole, with the intent to heal beyond the presenting symptoms, restoring health and well being to the persons mind, body and spirit.

Most sessions last approximately 45-60 minutes. In the first session an in depth history and assessment will be made and the clients expectations discussed.

The client will usually be asked to lay on a couch, however they can be seated if necessary for comfort. Relaxed and comfortable clothing such as a t-shirt and tracksuit bottoms or underwear can be worn.



## EAR CANDLING (Congestion Therapy) Consultation Included

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC

1 hour *including candles*

£65

A form of alternative therapy in which the tapered end of a long ear candle is placed in a persons ear, while the other end of the candle is lit. This alleviates sinus congestion, migraines and even tinnitus. This is a complete treatment that also includes tapping, healing, along with neuro muscular face massage which serves to release tensions in the head, face and scalp caused by sinus blockages.

This is not a treatment to remove heavy ear wax.



# FACIALS

Jo Poynter

Bespoke Holistic Facials

A relaxing treatment tailored specifically for your skin’s needs. A brief consultation to discuss your current skincare routine, lifestyle, skin concerns and goals.

A combination of acupressure, lymphatic drainage, facelift massage, reiki, silver violet flame healing and crystal therapy.

# FARM GIRL FACIALS

As one of the fastest growing skincare and facial brands Emma our Farm Girl Beautician will help bring smoothing, restoring, brightening and refining results to your skin with:

# HEALING & SPIRITUAL

Healing can help promote recovery from illness and surgery or just be used to boost your own immune system and instil a sense of wellbeing. It can help remove stagnant energies and emotional release, putting your body back into balance.

## ANGELIC REIKI

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC 1 hour £60

Clare Gilby 1 hour £55

## CRYSTAL HEALING

Katrina Ray ITEC, CMC 1hour £70

## CRYSTAL SINGING BOWLS & SELFEGGIO CHIME PIPES

Beautiful sound healing evening by Karen Fox—Sat monthly £16

## GONG BATH (Group Sound Bath)

Jag Kaley £20

Group sound healing using The Gong, held monthly

## THE LAW OF ATTRACTION 1 to 1 COACHING

Michelle Bowman MAR 1 hour £60

“Come out of the Mainstream and into the Magical”



### PELLOWAH HEALING

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC 1 hour £60

### REIKI (Usui)

Katrina Ray ITEC, CMC, 1 hour £70

Michelle Bowman MAR 1 hour £60

Clare Gilby 1 hour £55

Reiki and Chakra Balancing

Miles Kempton 1 hour £65

### REIKI & QIGONG

Miles Kempton 1 hr 30 mins £95

### REIKI DRUM HEALING

Clare Gilby 1hour £55

All treatments are 1 hr, you can choose from the following:

- ♦ Basic Drum Healing
- ♦ Emotional & Mental Reprogramming
- ♦ Drum Journeying

### SEKHEM HEALING

Miles Kempton 1 hour £65

Egyptian Energy Healing

### SPIRITUAL GUIDANCE & HEALING

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC 1 hour £60

### TAROT READINGS

Karen Phillips 1 hour £60

### WATER MASTERY HEALING SYSTEM

Karen Fox 1 hour £60

### VIOLET FLAME OF AMENTI

Katrina Ray ITEC, CMC, 1 hour £70

# HOLISTIC MEDICINE

## AYURVEDIC MEDICINE

Dr Prathima Nagesh  
BAMS, MD(Ayu)  
Director, Agni Healthcare Ltd.

First Consultation 60-90 minutes £90  
Herbs (tbc)

Follow up £45 (30 mins)

At Agni Healthcare, we are passionate about bringing the timeless wisdom of Ayurveda into your everyday life. Our approach is built on a foundation of compassionate, personalized care tailored to meet your unique needs. With treatments that are meticulously researched, we aim to harmonize your body, mind, and spirit, helping you achieve optimal health and balance. We believe in nurturing well-being through authentic, holistic solutions that respect the natural rhythms of your body. Whether you're seeking relief from a specific ailment or striving for overall wellness, our empathetic approach ensures you receive the care and attention you deserve.

With over 20 years of expertise in Ayurveda, Dr Prathima Nagesh is a beacon of holistic health in the UK and Europe. Trained at esteemed institutions like SDM College of Ayurveda and Harvard Medical School, her commitment to traditional healing is matched only by her dedication to modern research. As a respected lecturer and visiting expert across Europe, Dr. Prathima brings a global perspective to her practice.

## BACH FLOWER ESSENCES (Bach Flower Therapist inclusive of Bach Prescriptions)

£60

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC  
Katrina Ray ITEC, CMC  
Jane Ward BSc(Hons) MNIMH

## HERBAL MEDICINE

Jane Ward BSc(Hons) MNIMH

Initial/Follow up Consultation(medicine costs not included) 1 hour

£65/£50

Tinctures £10 per 100ml / Tea £10 per 100g / Cream £10 per 60g

# LIFESTYLE AND NUTRITION MANAGEMENT

Miles Kempton

Nutrition Consultation & Plan	2 hours	£150
Lifestyle & Nutrition Management	1 month	£250

This is either a holistic lifestyle programme which follows the Five Element Fitness Model, where we seek to balance out and inject the five elements below into your lifestyle for health and longevity. Or it can be solely to focus on your nutrition or any of the other elements that you wish to work on. You get one session a week via zoom, in person or phone. Daily Whatsapp contact to help aid, coach and manage your relevant needs and goals.

- Movement
- Energy Cultivation
- Mindset
- Nutrition
- Strength Training

## MANUAL LYMPHATIC DRAINAGE (LYMPHODEMA)

### MANUAL LYMPHATIC DRAINAGE

Katrina Ray ITEC, CMC

Initial Consultation and Treatment	up to 1 hour 40 mins	£90
	1 hour	£75

### REFLEXOLOGY LYMPHATIC DRAINAGE

Katrina Ray ITEC CMC Reflexology Lymphatic Drainage

Initial Consultation and Treatment		£90
Follow Up	1 hour	£70

Michelle Bowman MAR, Reflexology Lymphatic Drainage

Treatment	1 hour	£60
Treatment	90 mins	£85

# MASSAGE

## AROMATHERAPY MASSAGE (see page 3)

### AYURVEDIC ABDOMEN MASSAGE

Katrina Ray ITEC, CMC 1 hour £75

### AYURVEDIC KV FOOT MASSAGE

Katrina Ray ITEC, CMC 1 hour £75

Initial Consultation and Treatment up to 1 hour 40 mins £85

Follow Up Treatment Follow Up - 1 hour £75

### Deep Tissue Massage

Initial Consultation and Treatment up to 1 hour 40 mins £100

Follow Up - 1 hour £85

### INDIAN HEAD MASSAGE

Julia Massey TIDHA, LMAR, MNFSH, MIFPA 1 hour £65

Katrina Ray ITEC, CMC 1 hour £75

### NATURAL FACE LIFT MASSAGE, FACIAL REJUVENATION

Katrina Ray ITEC, CMC

Initial Consultation and Treatment up to 1 hour 40 mins £90

1 hour £75

Julia Massey TIDHA, LMAR, MNFSH, MIFPA, CMC

Natural Lift Facial Massage using aromatherapy oils

Initial Consultation and Treatment up to 1 hour 40 mins £75

1 hour £65



# OSTEOPATH

Lorraine Scates  
Master of Osteopathy—M. Ost  
Recognised by the General Osteopathic Council

£65 Initial Consultation and treatment  
£55 Follow Up



# PRE-CONCEPTION/PREGNANCY & BABY

## ACUPUNCTURE (including pregnancy & fertility treatments)

Gursharan Kaur BA (Hons), BSc (Hons), MBAcC

Initial Consultation		£25
Treatment		£65

## BABY MASSAGE (ONE TO ONE TRAINING)

Katrina Ray ITEC, CMC 2 hours over 2 sessions £115

Diane Tyrell BABTAC, IHHT, VTCT, IAIM, CThA, MIGHT, GBT, GHT, GTL, CertEd, T.Dip  
3 hours over 6 weeks £165

## REFLEXOLOGY

Michelle Bowman, MAR Specialises in Cancer Care, Lymphatic Drainage & Pre-conception, Pregnancy, Post-Natal

Treatment	1 hour	£65
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Katrina Ray ITEC, CMC, Specialises in Pre-Conception, Pregnancy, Post-Natal, Lymphatic Drainage, Spinal and Hand Reflexology,

Initial Consultation and Treatment	up to 1 hour 40 mins	£85
Follow Up Treatment	Follow Up - 1 hour	£70

## PREGNANCY MASSAGE

Katrina Ray ITEC, CMC

Initial Consultation and Treatment	up to 1 hour 40 mins	£90
Follow Up Treatment	Follow Up - 1 hour	£75

THE



## With Gursharan Kaur & Michelle Bowman

Michelle Bowman and Gursharan Kaur have combined their expertise and knowledge in both Reflexology and Acupuncture, and have had amazing success in aiding couples in their fertility journey.

If you are looking for a helping hand, or a listening ear, get in touch today to see how we can help you!

The Baby Plan consists of a combination of:

- Reflexology
- Acupuncture
- Nutrition Advice
- Lifestyle Support
- Relaxation Techniques
- Emotional Support
- Positive Mindset Management

Our therapies support both natural conception and ladies who are going through fertility treatments such as IVF.

## Free Consultation!

# REFLEXOLOGY

**Julia Massey TIDHA, LMAR, MNFSH, MIFPA**

Specialises in Soul Connection, Balancing , Health & Wellbeing, Mental Health (Chi Medics)

Initial in-depth consultation, full treatment and treatment plan

	Min 1 hour and 40 mins	£70
Follow-on Treatment	Min 1 hour	£60

**Michelle Bowman, MAR**

Specialises in Cancer Care, Lymphatic Drainage & Pre-conception, Pregnancy, Post-Natal, Mental Health (Chi Medics) and menopause.

Follow Up Treatment	1 hour	£65
Facial Reflexology	1 hour	£65
Facial and Feet Reflexology	1 hour	£65
Facial and Feet Reflexology	1hr 30mins	£85
Menopause Reflexology	75 mins	£90
Course of 12 Menopause Sessions	(1 treatment free)	£990

**Katrina Ray ITEC, CMC,**

Specialises in Pre-Conception, Pregnancy, Post-Natal, Lymphatic Drainage, Spinal and Hand Reflexology,

Initial Consultation and Treatment	up to 1 hour 40 mins	£85
Follow Up Treatment	Follow Up - 1 hour	£70

# SILENT COUNSELLING RAPID ENERGY RELEASE

**Sarah Robinson**

Adults: 3 session block £240 -

Teenage up to 18: 3 session block £180 -

Silent Counselling is a simple, safe, effective procedure designed to discharge negative emotions connected to past life events using muscle testing and breath work.

Sarah is particularly passionate about working with young adults who find it hard to open up. This wonderful new technique allows the client to release the trauma or negative experience without having to discuss it.



# SCAR THERAPY

## RESTORE SCAR THERAPY

Sarah Fitzgerald, Lic.Ac., MBAcC, Restore Scar Therapy Practitioner

Restore Scar Therapy is a non-invasive physical therapy developed to treat scar tissue, fibrosis and adhesions following surgery, procedures, injuries, injectables and burns. Used within the NHS and leading private healthcare providers, it is a gentle treatment with great results!

**RESTORE Scar Therapy Standard Treatment** 50 mins £60

To help new and older scars to promote healthy tissue using a combination of massage, scar work and non-invasive devices.

**RESTORE Scar Therapy Express Treatment** 25 mins £35

A shorter appointment to care for smaller scars from trauma or injury such as keyhole surgery, small burns or lacerations.

**Premium Acupuncture and Scar Therapy Appointment** 90 mins £75

The ultimate treatment for body and mind recovery.

An extended appointment including a full standard RESTORE Scar Therapy treatment, alongside a complete Acupuncture session to deeply soothe and nourish body and mind, aiding balance and recovery.

# VAGUS NERVE DAITH PIERCING FOR MIGRAINES/ANXIETY/PTSD

**Tracy Perkins VNS Daith & Denny Berfield**

Consultation and Piercing £150

We are excited to share this new treatment with our clients securing a clinic with Tracy here at The Sanctuary who has pioneered this very successful treatment.

Clients have experienced amazing results From migraine/neck tension to essential Tremor.

# TALKING THERAPIES

**Julia Massey TIDHA, LMAR, MNFSH, MIFPA,CMC**

**£65 1hr per session**

Spiritual Healing and Talking Therapy. Julia has a wealth of experience and has a natural empathy and understanding. Julia has supported and helped many people over the years who are at their lowest point through nurturing and compassionate talking therapy.

**Zeynep Mikeli BABCP, Reg BACP (Accred).**

**1 hour £95**

**CBT & Psychodynamic Psychotherapist/ Counsellor and EMDR Therapist.**

Zeynep is a registered and accredited Psychotherapist, offers individualised evidence-based treatments in ; anxiety, depression, PTSD, panic attacks, phobias, repeated relational difficulties, abuse, trauma and childhood difficulties. Zeynep has over two decades of experience in the mental health field , the NHS and she offers an individualised treatment for each client.

**Jag Kaley**

**(on line sessions £45)**

**£60 1hr**

Jag Kaley- integrative transpersonal psychotherapist-therapy based you the understanding you are a spiritual being having a human experience- psychospiritual councillor-kundalini awakening-spiritual awakening life crisis- psychodynamic-early life trauma-dream work-archetypal psychology-soul nature discovery-myth-visualization

**Ikila Poole BBRS**

Brainworking Recursive Therapy/BWRT Coaching/BWRT Psychological Weight Management. Broadband for the Brain Therapy. Hypnotherapy/Mindfulness Coaching/ Warrior/Settler/Nomad Profiling. Counselling and Coaching.

**Katie Nash £85 per session**

**Cognitive Hypnotherapy, Neurolinguistic Programming (NLP) and Applied Memory Deconsolidation and Reconsolidation (AMDR)**

I use Cognitive Hypnotherapy and NLP to help you make lasting change to the way think/react. I specialise in the treatment of anxiety, phobias, confidence issues, OCD and sleep issues. I use AMDR in the treatment of trauma. It's a highly effective means of helping you change your reactions to traumatic events in your past.

# TALKING THERAPIES

## Amar Kaur

Registered Professional in Psychotherapy, CBT/Life Coaching/NLP/Mindfulness and Meditation. (MBCT) Mindfulness Based CBT. Empowering couples/children/adults to discover inner wisdom. Destructive Patterns. Working on a deeper level than life coaches. Relationship Breakdown/Anxiety/Depression/Stress/Trauma. Therapy is offered to work with individuals and couples for relationship therapy.

## Michelle Bowman—Law of Attraction

One to One Focusing on Self Development & Personal Success £60 1hr

At some point in most people's lives the desire to change becomes greater than the desire to remain the same. This can be an empowering experience as you begin to understand that Self Awareness precedes all Personal Growth.

## Dr Kate Butt— DClinPsych

1 hour

£125

Clinical psychologist specialising in offering evidence based therapies including CBT, acceptance and commitment therapy (ACT) and Compassion Focused Therapy, incorporating mindfulness, also EMDR which is an evidence based therapy targeting trauma.

## Wendy Walker—Therapeutic Counselling

Wendy offers adults, adolescents and couples a warm, supportive and confidential space to explore their thoughts and feelings. Wendy practices Personal Centred counselling, which is one of the humanistic modalities. This type of therapy puts the client at the heart of the session, promoting self awareness, positive wellbeing and self-actualisation.

## TALKING THERAPIES

### Loretta Walsh

Transformation through Hypnotherapy .....Hypnosis can be used a therapy that is the vehicle for change within the mind and body. Gaining a positive and desired transformation of your mindset, can help you gain control over different areas of your life. Overcoming negative thoughts, unhelpful behaviours and gaining clarity and sense of peace and well-being can be the transformation that leads to living a more fulfilled, a more positive, healthier life-style.

### Grace Maskell

£70 for 50 min session

As a person centred counsellor I work in a client led way, allowing you as my client to find what works for you and what you need from our sessions. I offer a safe space away from social judgement and pressure. I provide a non-judgemental and empathic safe space in which you are free to explore any aspects of yourself including what you feel restricted to explore in your life and in society.

### Jo Boreham

£65 for 50 min session

Jo is an Intergrative Counsellor who also works for Mind. Jo can help with bereavement, anxiety and depression. She also has an affinity with helping teenagers who are suffering emotionally.

### Lee Keeble MNCH (reg)

£

£70 per session or 3 for £190

Lee is a hypnotherapist who has had success in helping people with smoking, stress and anxiety, weight loss, fears and phobias, confidence, pain management, improving sleep, emotional ailments and addictions.

## VISCERAL MANIPULATION

Gursharan Kaur BA (Hons), BSc (Hons), MBACc

Initial consultation and treatment / follow up treatment

£75 / £65

Children/Young Persons (no needle acupuncture)

Initial consultation and treatment / follow up treatment 30 minutes

£55/ £35

Visceral manipulation is a gentle manual therapy where the therapist feels for altered motion within the organs and uses manual techniques to release these restrictions, restore natural motility and mobility, and thus return the body to a more natural and pain free balance.

## WEIGHT MANAGEMENT

At The Sanctuary we offer a variety of options for weight management with skilled therapists who can offer specialised treatment tailored specifically for you.

**Ikila Poole BBRs** Psychological Weight Management

**Miles Kempton** Body MOT and Nutrition Planning



# YOGA CLASSES/QIGONG/SOUND BATHS/MEDITATION

We are lucky here at The Sanctuary to have some very talented Yoga Instructors. We have classes to cater for the absolute beginner through to the more advanced and demanding class.

## YOGA

### BEGINNER CLASS WITH DENNY

Tuesday and Friday Morning at 10 am

### INTERMEDIATE TO ADVANCED (VARIATION VINYASA/HATHA)

Wednesday Morning and Thursday Evening with Denny

Intermediate/Advanced

### KUNDALINI

First Saturday of Every Month 5 til 6.30 pm

Tuesday evenings at 7pm



## QIGONG CLASSES with Miles Kempton

Monday Evenings and Saturday mornings

## SOUND BATHS

### GONG BATH WITH JAG KALEY (purchase from website)

HELD MONTHLY ON A SATURDAY EVENING AT 7PM (see website to book)

### SOUND BATH WITH KAREN (purchase from website)

Every other Friday evening and every other Sunday morning

Message Karen for dates 07808 167270

### EVENING MEDITATION CLASSES WITH AMAR

Amar runs a course of meditation classes that are held on a Monday evening at 8 pm in our beautiful yoga studio and Apple Barn.

# DRUMMING THERAPY WITH DENNY

Now Every Wednesday Evening!!!!  
7-8pm £10 drop in or monthly pass.



## Beginners/Introduction Class Saturday's 7 to 8.30pm £15

20th Jan, 24th Feb, 23rd March, 20th April, 18th May, 22nd June, 20th July, 17th August,  
21st Sept, 19th Oct, 16th Nov 2024

### Drumming Benefits

Drumming accelerates physical healing

Drumming boosts the immune system

Produces feelings of well-being

Releases emotional trauma

Reduces tension and anxiety

Stimulates the whole brain and nervous system

Trains the mind to focus and meditates the mind

Eases pain

Resonates the Chakras and soothes the soul

Group drumming creates a sense of connecting with others and  
the feeling of tribal/community spirit



The Upminster Sanctuary is dedicated to the love and care of all its visitors.

Set in rural surroundings within two ley lines, The Upminster Sanctuary promotes a feeling of contentment and relaxation – a peaceful haven where clients can feel rejuvenated and restored.

Our holistic approach is second to none. The Sanctuary offers a calm and relaxing atmosphere for your treatment. We build caring relationships with our patients.

We have taken time to create a soothing and unhurried experience when you most need it.

Call us on 01708 251124 to discuss how we may help you.

Julia Massey Founder of The Upminster Sanctuary

Buy a Gift Voucher

*the* **Upminster** Sanctuary  
COMPLEMENTARY HEALING & TEACHING