

# QUEST HOLISTIC CENTRE

Quest has a well-established holistic centre that runs a variety of courses and workshops as well as offering therapists and readers. All our readers, therapists and teachers are highly experienced and have been working with us for a long time.



**Reiki Healing** - Experience the transformative power of Reiki. Power your inner healing energy, find balance, and awaken to your highest potential. Embrace serenity, vitality and holistic wellbeing.

**Carolina** - £125 for an hour, £65 for 30 mins

**Alison** - £65 for an hour, £35 for 30 mins

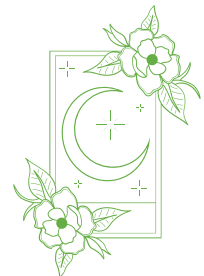
**Soul Mentoring** - Ignite your soul's potential through transformative Soul Mentoring. Unlock your inner wisdom, align with purpose, and navigate life's challenges with clarity. Embrace personal growth, discover your true self and manifest a fulfilling and meaningful existence. Embark on a soulful journey of self discovery and empowerment.

**Carolina** - £125 for an hour - available Wednesday, Thursday and Saturdays.

**'NEW' Tarot Reading and Medium Clairvoyant** - Steve is a gifted Tarot reader and Clairvoyant Medium. Having a deep connection to the Spiritual realm, Steve has the unique ability to channel energies, provide insights and offer guidance.

**Steve** - £55 for 30 mins - Call for availability

**Tarot & Medium Clairvoyant** - Pauline combines mediumship and tarot, bringing both worlds together to offer guidance from your loved ones in the spirit world and from the tarot to your earthly life. This can help you move forward with your life & guides you to make changes for your highest good.



**Pauline** - £55 for 30 mins - available Fridays and Saturdays



**\*\*NEW\*\* Astrology with Maggie** - Astrology is a fantastic tool which can help clients understand themselves, their natural gifts and talents as well as any challenging aspects that prevent them from thriving and living in an authentic way.

**In Depth Birth Chart** - 2hr session £350 / **Transits Analysis** - 1-hour session £200 - email [maggie.gilewicz@gmail.com](mailto:maggie.gilewicz@gmail.com) directly to arrange

**Energy Clearing and Blessings** - Clear stagnant energies, invite harmony and create a space of positive vibrations. Experience transformative energy clearing and blessings for your home or business, fostering balance, abundance and a thriving environment.

**Carolina** - email [carolina@thesoulcoach.com](mailto:carolina@thesoulcoach.com) for a quotation

# WORKSHOPS & RETREATS

All our workshops/courses need to be booked in advance.  
Please call 01372 878606 to book in or email [carolina@thesoulcoach.com](mailto:carolina@thesoulcoach.com)

## **Time Out From it All to Reflect, Recharge, and Rebalance Workshop**

Saturday 3rd February 10.30-4.30pm

£75.00

Discover the art of holistic well-being in this transformative course. Learn practical techniques to restore harmony in mind and body, promoting lasting vitality and inner balance.

## **Spiritual Awareness Workshops**

Saturday 11th May 10.30-4.30pm

Saturday 16th November 10.30-4.30pm

£75.00

Ignite your spiritual journey with our Spiritual Awareness workshops. Explore mindfulness, meditation, and intuitive practices to deepen your connection with self and the universe. Elevate your consciousness in a supportive community.

## **Creating Sacred Spaces Through Energy Clearing and Feng Shui**

Saturday 7th September 10.30-4.30pm

£75.00

Discover the art of crafting harmonious environments with our Creating Sacred Spaces workshop. Explore energy principles and Feng Shui techniques to design sacred spaces that enhance well-being and invite positivity.

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## Mini Workshops

2nd March - Connecting to Your Dharma  
8th June - Clearing the Pathway to Success  
19th October - Empowering Yourself to Live a Conscious Life  
2nd November - How to Prioritise Your Well-being This Winter

10:00- 1:00pm

£45.00 per workshop  
(£5.00 off if you book a Reiki Refresher Course on the same day)

## Meditation Evenings

Monday 29th January, Monday 26th February, Monday 25th March,  
Monday 15th April, Monday 20th May, Monday 24th June ,  
Monday 16th September, Monday 14th October, Monday 11th November,  
Monday 9th December

7- 8:30pm

£25.00 per evening

A beautiful and relaxing meditation evening held at Carolina's house - only a maximum of 6 people present.

## Healing Circles

Monday 15th January, Monday 12th February, Monday 29th April,  
Monday 3rd June, Monday 2nd September, Monday 21st October,  
Monday 25th November

£10.00 per circle or FREE for Home of Reiki Members

Join our evening healing circle for a serene and rejuvenating experience. Connect with like-minded individuals, share positive energy, and unwind as we collectively embrace healing vibrations in a peaceful virtual space.

# home of reiki

Whether you are new to Reiki and want to experience it for the first time, already enjoy Reiki treatments, or are looking to train in Reiki, Home of Reiki will provide you with everything you need. We provide training for all levels of Reiki, from Reiki 1 to Reiki Master Teacher, and offer support, guidance, and CPD training.

The basic training covers the NOS and Core Curriculum for Reiki, and additional optional workshops count towards CPD. The Reiki community is strong and supportive, offering advice, distant healing, mentoring, and opportunities for case studies.

**Reiki 1 Training - £225.00** This training is the first step towards healing your mind, body, emotions and soul; it is the starting point for anyone who wants to use the healing powers of Reiki. Reiki can also promote self-development, therefore allowing you to be at your optimum to deal with all aspects of life.

**16th & 17th March | 13th & 14th July | 31st August & 1st September | Also available as a one-to-one course**

**Reiki 2 Training - £295.00** This training will allow you to continue your journey of self-discovery and give you a deeper understanding of the healing power of Reiki, opening up new possibilities for you. It will teach you how to heal others in a professional setting, and you will learn the Reiki symbols.

**4th & 5th May | 20th & 21st July | 26th & 27th October**



**Reiki Master Practitioner Training - £195** This is the celebration of your completed Reiki journey; you will receive the final Reiki symbols and discuss the possible routes you might now take. Register your interest with us.

**Reiki Master Teacher - £695.00** Dive deep into the art of energy healing, learning advanced techniques and gaining the knowledge to guide others on their path to wellness. Register your interest with us!

**Reiki Refresher - £45 (£5 off if you book a mini workshop for the same day)** Enjoy reconnecting to your Reiki, maybe you haven't practised for a while or maybe you just want to reconnect with like-minded people and give/receive some Reiki healing.

**Saturday 8th June 2 - 5pm - Using crystals with your Reiki treatments and time to practise**

**Saturday 19th October 2 - 5pm - Reflecting, planning with Reiki, and embracing Reiki intuition**

**Reiki Refresher with Alison £75.00 - Back to Basics** Reiki trained but haven't practised in a while? This is the one for you. Go Back to Basics with Alison.

**27th April - 10.30 - 4.30**

**Reiki Master Refresher - £45 (£5 off if you book a mini workshop on the same day)** A chance to reflect and reset your Reiki business. Brush up on your Reiki skills and spend time with like minded people. (Counts towards CPD)

**2nd March 2-5pm - Reiki Goals, Clearing with Distant Healing and Time to Breathe**

**2nd November 2-5pm - Reflecting, Planning with Reiki and Embracing Reiki Intuition**

For more information, please visit [homeofreiki.co.uk](http://homeofreiki.co.uk)

If you are already a trained practitioner in the area and would like to list your services on our website, then please visit our website or get in touch with us via social media or the phone.

# ONLINE COURSES

## BY THE SOUL COACH

### Downloadable 21 Guided Meditations

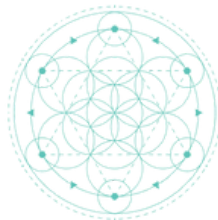
£21

The '21 Guided Meditation' series is to help you turn inwards to find the strength, confidence and resources to deal with disempowering feelings. Each unique twenty-minute meditation has been created to heal, to empower and to unlock your infinite possibilities. You'll be refreshed and ready to show the world your full potential and unlock the infinite possibilities that lie ahead.

### Downloadable Relaxation for Children and Teenagers

There are 3 different series of Meditations £15 per series (Age 4-6 , 7-12 and 13 -16)

I have created this latest collection of guided meditations aimed at children and teenagers to help them relax and unwind.



### Living a Life of Magic Online Course

£222 (Full Course) or £25 / month (pay over 9 months)

In this digital course to do in your own time, I'm sharing with you the secrets to Living a Life of Magic... but what is this Life of Magic? What does it mean? Living a Life of magic is embracing the extraordinary in the ordinary. It's finding wonder in everyday moments, believing in limitless possibilities, and tapping into the power within..

Want to find out more?  
[thesoulcoach.com/courses](https://thesoulcoach.com/courses)