



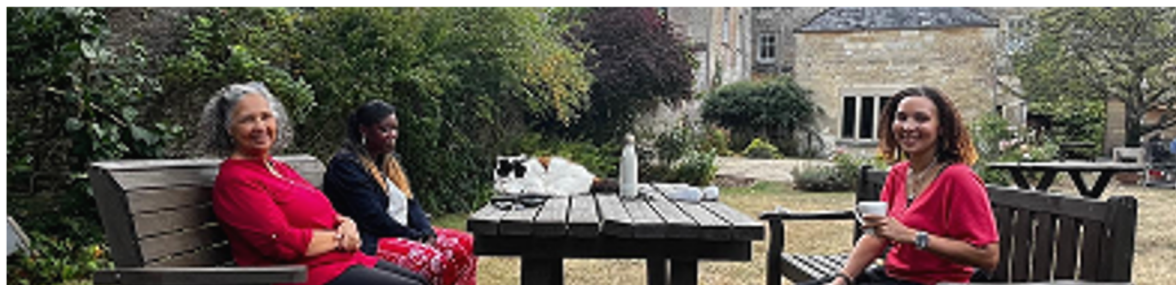
angel heart REIKI THERAPY

HOLISTIC TREATMENTS FOR MIND, BODY, SPIRIT AND EMOTIONS

AUGUST NEWSLETTER

A snapshot of activity and events over the summer.

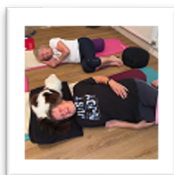
HEART CONNECTIONS RETREAT – SOMERSET 26TH-29TH AUGUST 2025



Connect with Christine returns to The Ammerdown Retreat Centre.

This year Christine hosted another 4-day heart connection retreat and invited guest therapists to share taster sessions, workshops and talks with her heart circle members.

Learn more about Christine's Heart Connection Retreats [here](#).



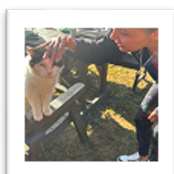
Carmen Fairclough gives two 1-hour relaxing yoga sessions.

Carmen guided the group through a taster Vinyasa yoga session where we transitioned with flow from virabhadrasana to savasana. The group were joined by Ammerdown's feline guide, Michael Bubl , who did the balasana on Anne's head. Learn more about Carmen's Yoga classes [here](#).



Fiona Hughes talks healing benefits of flowers & colour essences.

Fiona shared fascinating information about Dr Edward Bach, his discovery of plants and their natural ability to transfer healing energy and Flora Corona's beautiful colour essence range from Hawaii. Fiona facilitated a 'make your own remedy' workshop, which was a definite hit with the whole group. Learn more [here](#).



Francesca Phillips offers free Reiki sessions...

to the whole heart circle... and Michael Bubl , of course! The Reiki was very well received amongst the entire group and Francesca looks set to return to the retreat next year to spread more Reiki love. Keep your eyes on the site for testimonials from those who received Reiki at the retreat.