

Meridian Crystal Therapy & Workshops

Crystal Therapy and Energy Healing brings clearing, balance and release of stress and stimulates the body's own natural immune system and healing ability, thus restoring a feeling of joy, energy and general wellness.

EFT Emotional Freedom Technique (Tapping) works on a subtle level and can be explained as "emotional acupuncture" as it uses a light tapping motion to gently stimulate the acupuncture (meridian lines) points on the face and upper body to let go of blockages in our energy system and restore the flow of energy through our entire being.

Workshops

- Mandala Art Workshop
- Colour is Essential
- Introduction to Crystals
- A Journey Through the Chakras
- Understanding Stress and How to Release It
- What is Energy?
- Quit Smoking Forever.

Mary De Courcy MVHF is a qualified Vibrational Medicine Practitioner, EFT (Life and Soul) Master Practitioner and Colour Therapist.



CHAKRA MEDITATION

WEEKLY CLASSES

every Thursdays and Fridays
from 17.30 to 17.55
Suggested Donation: €5

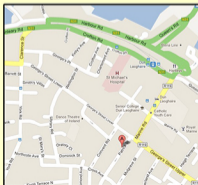
MONTHLY WORKSHOP with Singing Bowls

third Thursday of the month, 6 - 7 pm
Suggested Donation: €10
booking essential - please bring your
yoga mat and a blanket



Therapies & Practitioners

Find Us



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