

The Ilkley Fringe Complementary Medicine Festival

Additional workshops 12.00pm till 7pm Saturday 27th March 2010 At the **ILKLEY UP STAGERS THEATRE BARN** next to the Kings Hall, Ilkley **Please Pre Book All** workshops for the fringe events www.icmf.co.uk for tickets and further information

Room A 12.15pm - 1.15 pm - CELESTIAL LIGHT HEALERS Transformation through Sound
 Connect with the Angelic hierarchy and Masters of light to heal past life/karma issues and transform your life aided by Rosemarys singing voice, drums and powerful crystal singing bowls, quartz crystal aqua aura, ruby, amethyst, moldovite, egyptian blue cobalt..... www.celestiallighthealers.com
Rosemary Stephenson Tickets £5.00

Room B 12.00pm - 1pm - Transference Healing - Gateway to the 5th Dimension
 Transference Healing® is a seventh dimensional frequency healing and ascension process, it is multidimensional, works with the light body and creates alchemy. It supports us to become more empowered so that we can release ourselves from the struggle that occurs in our lives, whether it is a personal, spiritual or financial struggle. Reconnecting us once more to the sacred energies, teachings and powers of the Goddess, Transference Healing® enhances our ability to master more of the divine gifts and talents that are our birthright, thereby creating a reality that is of the 5th Dimension and the next Golden Age. Join us to understand about how this powerful healing modality can help and guide you on the next step of your journey and to experience high frequency meditations and a group healing.
Nicola Strand - 01423 861061, www.nicolastrand.co.uk Tickets £5.00

Room A 1.30.00pm - 2.30pm - Western and Vedic Astrology - Guidance for the Soul . . .
Western astrology is deeply psychological and transformative in its insight and approach. Vedic Astrology accurately predicts the events, states of mind and circumstances you will experience as a reflection of the fates running in your life. It tells you about the journey of your soul. The combination of these two methods offers a uniquely powerful tool for us to understand our self, to define our life purpose and to give spiritual meaning to the events and states of consciousness we encounter. In this lively and accessible workshop, Michael Conneely introduces you to some highlights of Western and Vedic Astrology. Both Western and Vedic Astrology not only interpret the birth chart; both also have extensive methods of Prediction. It is through combining Western and Vedic Astrology that we may gain the fullest and most powerful understanding. Led by Michael Conneely **Stands 14 Tickets £5.00**

Room B - 1.15pm - 2.15pm - Crystal Power with Shastra
 Access any crystal and its unique healing qualities simply by intention. Learn with Shastra through guided meditation (supported by sacred sound) how to reach inside the heart of the stunning crystal realms and bring their true essence into your life. Work with crystal frequencies - through intention, meditation and healing - for yourself and the planet at this important time as we join together for the consciousness paradigm shift starting this year. Shastra is the creator of Seraphim Crystal Sound Essences.
Stand 55 www.iona-light.co.uk Tickets £5.00

Room A 2.45pm -3.45pm - From Homeless to Healer: An inspirational talk from Kimm Fearnley
Kimm Fearnley is a charismatic healer and founder of The Happiness Centre in Ilkley. A recovered alcoholic, former journalist, fan dancer, drug addict, wife, mother and business woman, Kimm will talk on the importance of clearing blockages in the chakras and understanding our life's lessons and journey. The importance of having our own code of honour, releasing our fears and living our life a day at a time. Kimm does not charge for her healing.
Stand 14 Tickets £5.00

Room B 2.30pm- 3.30pm - Feng Shui for the Soul
 More than just knowing the best corner or symbols for attracting prosperity or a perfect mate, Feng Shui for the Soul brings to life the essential components of true authentic living supported by a harmonious home/office/business. Learn to listen to the messages from your living/working space. Know how to fix the basics so that you can start to reap the benefits of aligning your inner and outer 'worlds' for a blissful and successful life. Join Dr. Anna-Louise Haigh, Metaphysician, Author and Soul Whisperer for this introductory talk that will highlight practical as well as inspirational aspects of enjoying the principals of intuitive feng shui. No previous experience is necessary to enjoy and get the full benefit of this session. Bring a notepad and pen and prepare to take away lots of ideas!
www.anna-louisehaigh.com Telephone: 07916 093 627
 Facebook - Anna-Louise Haigh Twitter: Globalsoulcoach
Tickets £5.00

Room A 4.00 - 5.30pm - The Healing Power of Sound, Colour and Crystals with Rosemary Stephenson and Edwin Courtenay
 In this extra special workshop Rosemary Stephenson Sacred Sound Healer, Angelic Reiki Master and Gaiadon Heart Master Facilitator and Edwin Courtenay clairvoyant, channel, healer and magician will explain and explore the ancient mysteries of colour, crystals and sacred sound. Drawing upon their combined knowledge and skills Rosemary and Edwin will explain how colour, sound and crystals were used in ancient Atlantis to heal body, mind, heart and soul and how, by invoking the Deva's of colour, sound and crystals they can be again to incredible effect. This powerful, informative and interactive workshops will include crystal singing bowls, toning, sacred singing and drumming and culminate in a powerful and deep healing meditation. **Tickets £5.00**

Room B 3.45- 4.45pm - A Demonstration of Mediumship with Simon Goodfellow
 ... Simon works with his Guildes in a Very unique way with passion and understanding Simon is down to earth with very high spiritual ethics, He contacts spirit with heart and feeling
Stand 51 Tickets £5.00

Room A 5.45 - 7.00pm - TAROT - interested?
 ..If you are drawn to the Tarot cards, then this workshop is for you. Learn how the cards 'speak' to us through the language of symbolism - understood by ALL. We touch on the history and origins of the cards and the compilation of a pack. Discover the difference between the Minor & Major Arcana and their relative messages, also the Tarot's connection to Astrology & Numerology. Experience first-hand how to energise and shuffle the cards, and how to imprint questions from your psyche onto them. This is a practical, hands-on workshop and Trudy will provide decks to demonstrate on with audience members, and for you to have a go yourself! No experience necessary.
Tickets £5.00

Room B 5.15 - 6.45pm - "2012" Prepare Now! with Shabdan '2012
 ... really begins in 2010! The new consciousness paradigm we have been seeking starts seeding into the world in May 2010. Meet SoNa, the bearers of that 5th Dimensional radiance; experience the power and potential we can begin to unwrap now as we co-create a new world consciousness based on unconditional love. Prepare Now, receive a preview SoNa healing and get ready to access the opportunities we have worked for throughout our history on Earth. Shabdan is fully committed to preparing the way for SoNa radiance in the world and this unmissable workshop will invest you as an ambassador for a new world paradigm. **Stand 55 www.iona-light.co.uk Tickets £10.00**

Global Tribe Crystals
 18 Swan Street, Leeds
 01132461824
www.globalcrystals.com

The Festival is open on both days from 10am until 5pm
 Refreshments are available throughout the day
 Admission £3.50 (Two day pass £5.50)
 Concessions £3.00
 Admission free for 16 and under
 Disabled Access is available

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 ILKLEY COMPLEMENTARY MEDICINE FESTIVAL
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THE UK'S PREMIER COMPLEMENTARY MEDICINE FESTIVAL 2010

SPRING COMPLEMENTARY MEDICINE FESTIVAL

SATURDAY 27TH MARCH
 SUNDAY 28TH MARCH 2010

For full details please visit www.ilkeleyfestival.co.uk
www.icmf.co.uk

Email: info@icmf.co.uk
 Tel 01943 872387

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The Winter Gardens and the adjoining Kings Hall are easy to find in Ilkley, just off the main road through the Town Centre and opposite the centrally-located bus and train station.
www.rail.co.uk

Station Road, Ilkley LS29 8HE
 For full details please visit www.ilkeleyfestival.co.uk and www.icmf.co.uk
 Email: info@icmf.co.uk Or Tel 01943 872387

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AUTUMN FESTIVAL
 Saturday 30th & Sunday 31st
 October 2010

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SATURDAY 27th March 2010 WORKSHOPS

Room 1: 10.30am-11.30am - Keys to Survival and Emotional Resilience

Dr Eden Fazel a doctor, prolific author and media personality. Eden has authored 23 books and talking books in the field of holistic management of emotional health and coaching. Eden travelled extensively across 31 countries working as an aid worker and medical trainer. He researched and experienced different traditions and cultural approaches to emotional health to write the "Survive and Thrive" Series, a comprehensive emotional health tool kit. Eden is the pioneer of DIY psychology and DIY Coaching. Eden provides the listener with an empowering guide to help them to become their own person. Dr Fazel shows you it is possible to live the life you want to live, to free yourself from the demands and expectations of others, whether society, media, or peer groups. Eden shows how it is possible to take control and responsibility for your own life, health and well-being

The right life is the life in which you are doing what you love most of the time. The right life feels comfortable most of the time. When you are living the right life, you are always prepared to take good risks. The right life feels optimistic. The right life is the place where you are your best. The right life feels free. Are you living a life that is right for you?

Stand 69

Room 2: 11.30 am-12.30pm - 'How to be an even better you'

This workshop will help you to focus on your assets and take steps towards a more desired future. Using the principles of NLP, Master Trainer, Author, Coach and Psychotherapist, Lisa Wake will lead you through 3 steps to making the most of your assets.

Stand 35 01642 714702 info@awakenschool.co.uk

Room 1: 12.30pm-1.30pm - HELP YOUR CRYSTALS TO HELP YOU.

Where to place them in the house, are tumble stones better than rough pieces, how to cleanse your crystals, what exactly are chakra points and why do we talk about them so much, which crystals are good for energising, protecting, bringing love into your life, fertility, angelic connections ... join Steve from He Hi She Lo and we'll talk about these points, and maybe more too! **Steve Sippitt** www.hehishelo.co.uk
Stand 38

SUNDAY 28th March 2010 WORKSHOPS

Room 1 : 10.30am-11.30am -START LIVING YOUR BEST LIFE NOW.

Are you as happy as you would like to be? Do you feel on track with your life? Is your life in balance? Take that first step to change your life today! **KAY KIRKBY LIFE /SPIRITUAL /CONFIDENCE COACH**
Stand 62

Room 2: 11.30am -12.30pm - Working with Crystal Skulls for healing and spiritual expansion.

Edwin Courtney has been a channel for the Conclave, the Crystal skull collective for over five years relaying their messages of wisdom and guidance to the world. In this interactive and informative lecture he will explain how anyone can call upon the power of the Crystal Skulls for personal and planetary healing as well as to help with their own psychical and spiritual evolution and expansion. Some Crystal Skulls will be available for people to practice with but guardians of Skulls, however big or small, are invited to bring along their Skulls as well. This lecture will incorporate a special brain activation to awaken and balance the higher functions of the brain! **Stand 84b**

Room 1: 12.30pm-1.30pm - Emotional Freedom Tehcniques (EFT) - Tap your Way to Peace

Come and learn how this simple and powerful meridian-based energy technique can help you to feel more peace in your life. Using gentle tapping on acupressure points on the face and hands together with a focussed statement, EFT can help people dissolve all manner of stresses from severe trauma to sports performance. Maggie will give a brief background to this technique and then show you how you can begin to use this on yourself. While this may initially seem an unusual and even unlikely way of dealing with stress and anxiety, please note that extensive research has now been undertaken on the use of EFT with war veterans with very impressive results. Maggie Pashley is an EFT Level 3 Trainer, hypnotherapist and Life Coach and offers EFT trainings and sessions from the Happiness Centre in Ilkley and can be reached on 01274 617030 or 07939118136. Visit her website at www.changeforlife.co.uk or the The Happiness Centre's website at www.lifthispirithealsoul.com **Stand 14**

Room 2: 1.30pm-2.30pm - BRITISH HEALERS ASSOCIATION

This short workshop / meditation offers an insight into the joy of spiritual healing by explaining - what the BHA course covers. This includes...working with energy, colour/aura, chakras, psychometry, understanding the systems of the physical body and how to deal with death and dying **Stand 45** www.celestiallighthealers.com
Rosemary Stephenson

Room 2: 1.30pm-2.30pm - The New Ascended Masters, who they are and how we can work with them!

The Ascended Masters, the Brotherhood and Sisterhood of Light, have been watching over humanity since the beginning of time, assisting mankind with their spiritual growth and evolution. Now in these challenging times new Ascended Masters are emerging from the great silence, offering guidance on how to keep our faith, how to expand our consciousness and how to connect with the ancient magical teachings that are our true inheritance. Edwin Courtenay clairvoyant and channel will introduce these "new Ascended Masters" and offer guidance on how and when we might call upon their amazing power. This lecture will include a live channelling from the Ascended Masters.

Edwin Courtenay Stand 84b

Room 1: 2.30pm-3.30pm - Passing through the veil by Keith Shadow Hawk (Dream Talker)

We often feel that it is hard to communicate with the other side yet it is in fact something that we can all do if we accept the invitation. There are many ways to see through the veil into the spirit world and in his talk Keith will explore those that have taken him on his own many journey's. These include Meditation, Dreams (waking & sleeping), Sound Journeying, Vision Quests and Shamanic Journeying. Keith will show you the simple techniques he uses and explain how you too can use them to open the door for your own communications and journey's. As always, Keith's talk will be interspersed with his Native American Flute playing to aid the journey and at the end there will be an opportunity to try the flutes. **Keith Shadow Hawk Stand 26/27**

Room 2: 3.30pm-4.30pm - AWAKEN TO 2012 - GLENN HARRISON Armageddon?

The end of the world? Not for the spiritual amongst us who will manifest harmony, peace and love. Glenn Harrison will tell you what the Archangels have in store for us, through 2012, and how we must prepare if we are going to survive the changes to come. FREE GUIDED MEDITATION CD FOR ALL WHO ATTEND. **Stand 63/65**

Room 3: 10.30am-11.30am - Archangel Meditation - Come on a journey with Archangels-

Come and listen to the beautiful Angelic harp as the Archangels connect with your soul. Parveen Smith International Angelic Reiki Teacher and Author..**Stand 24**

Room 1: 2.30pm-3.30pm - Secrets of Unlimited Living - Discover the Treasure Chest of the S.O.U.L.

There is often an undeniable yearning from within that life could be so much more. This is the calling of the soul. Imagine what life would be like if you had at your fingertips all that was necessary to increase your happiness, joy, life satisfaction, improve your relationships and ingredients for a comfortably blissful life! Anna-Louise is passionate about bringing the 'Secrets of Unlimited Living' to life within you! You will receive personal messages from your Soul Messenger to help you manifest all that you can be. Join Dr. Anna-Louise Haigh, Metaphysician, Author and Soul Whisperer to discover the 'treasures' waiting to enrich your life. **Stand 54**

www.anna-louisehaigh.com Tel: 07916 093 627

Facebook - Anna-Louise Haigh Twitter: Globalsoulcoach

Room 2: 3.30pm-4.30pm - ANGELIC MANIFESTATION - JILL HARRISON

Manifest the life you want. Your thoughts are the most powerful energy in the universe. Your thoughts create your life. Learn how to listen to your angels, for guidance in manifesting the life you want, through visualisation and affirmation.FREE GUIDED MEDITATION CD FOR ALL WHO ATTEND. **Stand 63/65**

Room 3: 10.30am-11.30pm - Balancing the 12 Chakras

Chakras are centres of energy within and without the physical body. If a chakra becomes imbalanced or blocked, this can affect the flow of energy around the whole body. Introducing the 12 chakras and how they can affect our physical, emotional, spiritual and mental wellbeing. Learn a simple technique to help keep your centres balanced.

www.TheKrystalUnicorn.co.uk Stand 59 01924 369910

Room 3: 11.30am-12.30pm - The Magnificent Seraphim! with Shastra

Experience stupendous light, gentlest love, deepest compassion and the sweetest of hearts - the Seraphim will work with Shastra to help you bridge across to your untapped potential and your beautiful divine essence. Through inspired guided meditation and angelic sacred sound you will experience love and heart sanctuary to help you as never before to heal as we prepare for the unprecedented opportunities unfolding in 2010. Shastra is the creator of Seraphim Crystal Sound Essences. **Stand 55** www.iona-light.co.uk

Room 3: 12.30pm-1.30pm - Weight Loss Hypnosis: Change Your Thoughts, Change Your Life...And LOVE IT!

International Hypnotherapist Susan Dunlop, MA, CHT of A Luminous Life Hypnotherapy presents an introduction to her dramatically inspiring and successful work in the area of weight loss hypnosis. "I give people the tools to look inward. There, they find someone they can love, someone who has purpose in life, who is courageous, wise, joyful. They find a glorious soul on a magnificent adventure, and realize it is themselves. Once they begin to love themselves, their lives transform. The weight of the years, the sorrows, the disillusionment, the losses, falls away with the pounds."

www.luminouslifehypnotherapy.com 01904 783397

Room 3: 11.30am-12.30pm

Soul Love Awakening - Celebrating the Hero in Your Heart

The soul's enduring quest is to know, receive and experience unconditional love through its many return visits through numerous hosts. It is this love that is the driving force of most human actions and reactions. Join Dr. Anna-Louise Haigh, Metaphysician, Author and Soul Whisperer to unite with the amazing energy of Soul Love. Experience its instant healing potential and release old emotional pain without trauma or tears! Attending this empowering talk will give you a gift to hold in your heart always. Enjoy the connection with the soul's greatest wisdom that will endure.**Stand 54** www.anna-louisehaigh.com

Telephone: 07916 093 627 Facebook - Anna-Louise Haigh
Twitter: Globalsoulcoach

Room 3: 12.30pm-1.30pm - The Ageless Wisdom

a talk and experiential with Alex Chaloner, Goddess Within The Ageless Wisdom is the golden thread of truth that runs through all faiths, religious expressions, philosophies and theologies. Identifying this golden thread within us could lead to greater self realisation and expansion of our conscious awareness. This talk pulls back the layers of the self to reveal the seed of the Higher Self. **Stand 82**

ROOM 3: 1.30pm-2.30pm - A down to earth explanation of healing

I explain in layman's terms where the healing energy comes from, ways it can be used and how I work. I encourage the group to try a few simple and effective techniques to heal past issues. Healing our past is important because, our past influences our choices, which in turn creates our present and future experiences. I endeavour to make it enjoyable, empowering and highlight the important role of healing in today's society. **DAVID POLKINGHORNE Stand 34**

www.davidpolkinghorne.co.uk

ROOM 3: 2.30pm-3.30pm - Stop the Mind.....

I want to get off!

Have you noticed how much energy we waste when lost in the constant stream of thoughts as our mind goes channel-hopping? Sally offers clear insights into how you can rediscover the stillness within which is your true nature. Learn some valuable tips and techniques to help you realise that you can take back that remote control and reconnect with your Higher Self. **Sally Chaffer Stand 85**

ROOM 3: 3.30pm-4.30pm - START LIVING YOUR BEST LIFE NOW.

Are you as happy as you would like to be? Do you feel on track with your life? Is your life in balance? Take that first step to change your life today **KAY KIRKBY LIFE /SPIRITUAL /CONFIDENCE COACH Stand 62**

Room 3: 1.30pm-2.30pm - Past Life Regression Hypnosis

International Hypnotherapist Susan Dunlop, MA, CHT of A Luminous Life Hypnotherapy presents a dynamic workshop on this most intriguing and ultimately mysterious application of hypnosis. "It's all about life... and life is all about love. Pure and simple. And, as with any therapeutic modality, it is the love which heals." Experience a breathtakingly beautiful perspective on the evolution of a soul into Love in this unusual workshop. www.luminouslifehypnotherapy.com 01904 783397 Susan Dunlop, MA, CHT A Luminous Life Hypnotherapy

Room 3: 2.30pm-3.30pm - Psychological Protection, the how's and the why's!

Edwin Courtenay a psychic, clairvoyant and channel, as well as a practising magician, will explore and explain the how's and why's behind the often quite contentious subject of psychical protection. Providing comprehensive guidance on how to spot those symptoms which can indicate a variety of forms of psychic attack as well as offering practical guidance on a variety of forms of defence. This will be an interactive lecture and incorporate a mini meditation to connect to the protective energies of the Archangel Michael, the archangel of psychical and physical protection. **Stand 84b**

Room 3: 3.30pm-4.30pm - Keys to Survival and Emotional Resilience

Dr Eden Fazel a doctor, prolific author and media personality. Eden has authored 23 books and talking books in the field of holistic management of emotional health and coaching. Eden travelled extensively across 31 countries working as an aid worker and medical trainer. He researched and experienced different traditions and cultural approaches to emotional health to write the "Survive and Thrive" Series, a comprehensive emotional health tool kit. Eden is the pioneer of DIY psychology and DIY Coaching. Eden provides the listener with an empowering guide to help them to become their own person. Dr Fazel shows you it is possible to live the life you want to live, to free yourself from the demands and expectations of others, whether society, media, or peer groups. Eden shows how it is possible to take control and responsibility for your own life, health and wellbeing.

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