



## Workshops & Talks

**Saturday 24<sup>th</sup> July 2010**

	<b>WORKSHOPS</b> @ <b>My Yoga Body &amp; Day Spa</b>	<b>TALKS</b> @ <b>County Hall</b>
12.00	N/A	Metamorphosis – Self-Healing Philosophy with Margaret Boland
13.00	Pilates Workshop	Change your Life: Change your Water The benefits of Kangen Water & its properties
14.00	Indian Head Massage Seamus Lynch	“Kinesiology – a holistic approach to health” Lauren MacLennan – HolisticTherapyZone
15.00	Reflexology	“An Insight into Iridology” Ciara Murphy – Newtown Park Clinic

**Sunday 25<sup>th</sup> July 2010**

	<b>WORKSHOPS</b> @ <b>My Yoga Body &amp; Day Spa</b>	<b>TALKS</b> @ <b>County Hall</b>
12.00	N/A	“Take Charge of Your Life” by AMMA Ireland
13.00	“Self Healing with Reiki” by Reiki Master Sarah Codd	Homeopathy: A medicine for the 21 <sup>st</sup> Century with Irish Society of Homeopaths
14.00	Amatsu: Ancient Japanese Therapy for muscle & joint pain by Trish Cavanagh	Understanding the Link between your Energy Field, Your Health and Your Relationships Erica McKinney
15.00	Mineral Make-Up Workshop Blending your colours with Seka Cosmetics	“You are the Colours You Choose” with Eilish Kelly of Aura-Soma Ireland

Please note that all workshops will be held at **My Yoga Body Centre**, Ardeevin House (opposite the seafront entrance to the People’s Park) and all talks will be held in the **Assembly Room, County Hall** where the main exhibition will take place.

As spaces are limited for Workshops and Talks it is advisable to book in advance to avoid disappointment.  
Email your contact details and choice of Workshop/Talk to [healthandharmonyfair@gmail.com](mailto:healthandharmonyfair@gmail.com)

Also as part of Health & Harmony there will be an open **HATHA YOGA Class** hosted by **Suzanne O’Sullivan My Yoga Body** on Saturday 9.30a.m. & an open Tai Chi Practice with **Master Beizheng Liu** on Sunday 9.30a.m. Both events are free and will be taking place on the **lower level of the East Pier**

*Please note times are approximate and subject to change or cancellation.*

Health & Harmony is presented by

