SHEN in Athens
Report from Poppy Palimeri, SSI

During one of the most difficult political and social periods for Greece, SHEN was present and gave emotional release and hope for the future.

I am happy to share with you that last weekend of January 2012 Tony Bailey visited Athens and made a presentation on SHEN to a 25 strong audience, as well as offering 10 SHEN sessions to 7 Clients over 2 days and still found time to accept Greek hospitality of a Sunday lunch overlooking the Acropolis. Tony left us on his birthday, as dark clouds from Northern Europe brought snow flurries across a frozen Athens.

.......I have no words to express my deep appreciation for Tony’s decision to visit Athens under such difficult circumstances. For me his presence and guidance was a great support. Thank you Tony.

We plan to organise a 7days SHEN Emotional Healing and Personal Empowerment Workshop in June when the weather is ideal with sunny and fresh days and warm nights.

As I mentioned at the beginning, my country is going through a crisis. Greece is not the only one. A lot of European countries have difficult situations as well as countries in the Middle East. I believe that 2012 is for our planet a period of transformation, a chance for evolution. We are at the gate of a radically different kind of development based on values that include the well being of the Planet and its inhabitants.

SHEN can help people. It is a way that offers respect and genuine caring. SHEN can help people find their own source of trust, because basically SHEN is based on a profound trust for the human organism.

We are making an open invitation to anybody that would like to join the first workshop in Athens. For us in Athens your presence and experience will be a great support.

For more information and Registration contact Poppy Palimeri at poppypal@hol.gr Tel: 003 0 210 808 4457

Breaking news!

On 10th March 2012, 5 new Interns were added to the SHEN team. See page 2 for New SHEN Appointments!
The Instructors Council of the SHEN Therapy Institute (SHEN Instructors and Mentors from around the world) will gather in Sedona, Arizona for three days in late April – the 26th through the 28th – to brainstorm and plan for SHEN’s future.

Periodically the Instructors’ Council meets to advise Richard Pavek on the state of SHEN training and make recommendations. Now that SHEN is being taught on several continents, we need to ensure that the trainings everywhere meet our highest standards.

Richard will lead the council as it reviews the current curricula for the SHEN Empowerment Workshops and SHEN Clinical Skills Seminars. The Council will advise Richard on revisions and updates it deems necessary.

**Invitation to all SHEN practitioners**

Richard would like all SHEN practitioners to contact him directly with their comments and suggestions about any aspect of the SHEN courses that they would like included in the Council’s discussions. This includes the protocols we use, the length of the courses, the charts we use, the clarity of the lectures and printed materials, etc. – anything you wish to comment on.

You can reach Richard at: SHENmaker@MSN.com or, speak to him at: - 001 415/332-2593, or Skype him at richardrpavek. He will welcome your input.

Russell Fox, SHEN’s longest serving Instructor after Richard, will host the conference. Following the conference, Russell and Richard will co-lead a seven day Personal Empowerment Workshop in Sedona. Contact Russell for information and registration at SHENTherapy@mac.com.

Arizona is a great place to work and play. After the work comes the play - Enjoy!
<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Message</th>
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<tbody>
<tr>
<td>Bonnie Olson</td>
<td>Edmonds, Washington USA</td>
<td>Sorry, Tony, haven’t done any SHEN in a long time! Hard to find clients! I would LOVE to be doing SHEN again... haven’t gotten a referral from website in years, &amp; can’t even GIVE it away to friends who are grieving or in pain, etc!!! Very discouraging! I used to market to fibromyalgia women, but most of them can’t afford SHEN, even if I do a sliding scale. Any ideas appreciated!! thx, Bonnie</td>
</tr>
<tr>
<td>Sister Benedicta Muffuh, CST + Certified SHEN Instructor</td>
<td>Cameroon</td>
<td>Many thanks for the last Issue of the SHEN TOUCH, and the pains you are taking to put the next issue together. I have been so mobile and unnecessarily busy to put my thoughts together although I have continued to give SHEN sessions to many people. I just came back last evening from a very remote village where there is no phone network. I went there last Thursday, and so I am trying to catch up with the work and plan a crucial meeting I am hosting on Thursday, 1st March. With the dateline for articles so close, I cannot promise to contribute this time. I may work towards the June issue. I do really love to contribute regularly to the SHEN TOUCH, but my nature of work leaves me no room to write. I will need to find a way out in the future. Wishing God's abundant blessings on you and the work you do for the SHEN worldwide family. - With love and prayers, Benedicta</td>
</tr>
<tr>
<td>Russell Fox, CST, CSI</td>
<td>Sedona, Arizona</td>
<td>BRAVO, another gem! And thank you for your leadership in keeping us in touch and SHEN “out there” to benefit the world!</td>
</tr>
<tr>
<td>Mo Rafael</td>
<td>Encinitas, California, USA</td>
<td>Thank you for the fine work you do in creating the SHEN TOUCH!</td>
</tr>
<tr>
<td>Ginny Gonzalez</td>
<td>Calgary, Canada</td>
<td>I would love to contribute something to SHEN TOUCH, however, I am trying to get my stuff together to get certified and get my business up and running, so I am a lot busy. Maybe in a few months from now, or possibly after I get my certification done, then I will be happy to come up with something to write about for the SHEN TOUCH. Thanks for asking me though.</td>
</tr>
<tr>
<td>Gabriela Wright</td>
<td>Hawaii</td>
<td>Hi, I am currently on holiday in Hawaii. I will be home on the 15th of February. If I can generate something worthwhile I will submit it to you as soon as possible. If not, I will definitely be able to submit something for the following issue. Thank you again for all your hard work on all the wonderful SHEN TOUCHES you produce.</td>
</tr>
<tr>
<td>Marion Fergusson</td>
<td>Scotland</td>
<td>Thank you so much for keeping me in the loop. Enjoyed reading SHEN news &amp; being in touch with all the happenings.</td>
</tr>
<tr>
<td>Pam Fryer</td>
<td>UK</td>
<td>Thank you for another great newsletter. It keeps me to speed and I enjoy reading it, well done. With Love and Blessings</td>
</tr>
</tbody>
</table>
Donna Harcos writes from Vancouver, Canada

I don’t practice much any more but still love SHEN and the connection to what is happening. I do hope our group can come together and help you keep up your quarterlies – you do a fantastic job of putting it together - Happy Writing.

Ed: SHEN TOUCH isn’t just about communication between SHEN Practitioners but is a way of reaching out and connecting with the whole of the SHEN community worldwide. And that includes those who have retired from active "service" as it were. I am delighted that your happy ‘Sisterhood’ is bound together in part by a shared interest in SHEN and long may it be so. Your regular meetings and activities are an inspiration to others.

Shona Neil, SSI writes from Goa, India

Hi Tony, Lovely to hear from you …..and meant to get in touch, so thanks for beating me to it!! And thanks for the invite to assist on the Workshop.

I am good. A lot has been happening, too much to go into in an email, and I have been travelling about a bit but I am now back in Goa and with my first client here due to start tomorrow and a possible second in the pipeline.

I won’t be back in Scotland until June so I will miss the April workshop - but I will be in the UK till October so would be happy to assist at the one in August if that were possible and would be available to do all four days. Wishing you a happy, healthy, and successful year.

Cathrine Greene writes from Calgary, Canada

I know you are away but maybe near enough to a computer to receive my thanks for the great job on the article for the newsletter. So appreciate your interest in the work and your willingness to make it more available to others. Have a great time there. Happy Holidays.

Laura Campbell, CST writes from New Zealand

Well done, the newsletter is fantastic and very professionally produced. It’s great to hear so many success stories and see what else is happening SHEN wise around the world.

I would like to suggest you create within it a letters page. It occurred to me that as a practitioner I already know how incredible SHEN is and while this is confirming, I would like to continue to deepen my knowledge perhaps within a forum setting.

How can we learn more if we don’t admit to what we don’t know? It could even be an anonymous letters page to really encourage discussion and further questions. A letters page could specifically encourage discussion and questions, and that would maybe get things flowing? Maybe people could start by sending in their burning questions and we go from there?

Keep up the great work! Laura Campbell CST in New Zealand

Ed: We hope to report in the next Newsletter an initiative that will facilitate Laura’s suggestion, so please watch this space!

Sheila Kay writes from Goa, India

Big solstice greetings and wishes for a very happy holiday season.

Many thanks for the SHEN TOUCH and the mention on the “retreats” page.

I managed to get some SHEN for myself with Fiona Morton staying here in Goa, and that has been good. She is away now on her travels and all is quiet and blissful for the moment, although it is sure to change with the Christmas rush due to start.

I believe it is snowing in the UK--I really am so happy to be here and away from the cold and never forget to express gratitude for all my blessings. Life is kind to me.

Stay warm, massive loves and thanks for all you do xxxxxxx
SHEN For The Little People

By Laura Campbell, CST, New Zealand

Recently, a friend who is going through a difficult custody battle asked me to give her son SHEN. Her little boy was being ping-ponged from Mum’s to Dad’s house every 3 or 4 days. He had been hitting himself, having meltdowns and saying he wanted to chop his head off.

I arranged to do 3 half hour sessions on consecutive days starting on a house swap day and then review. When he came for his first session he looked withdrawn and angry. I explained to him that I helped people to feel better, and asked if there was anything he wasn’t feeling good about. His little 5 and half year old puzzled face peered up at me and said “I go to my Mum’s house and then my Dad’s house every week”. When he got up on the cradle I asked him to close his eyes. He pulled his little shoulders up to his ears, scrunched his nose and eyes tightly and pretending to close his eyes. Meanwhile he kept one eye firmly fixed on what I was doing! I wasn’t sure if I was going to get beyond the tension so I softly kept my eyes closed, to encourage him to do the same.

This little guy had a lot of worries and was carrying the weight of the world on his shoulders.

During peripherals flows, he began to relax and his eyes were beginning to drift. His head flows needed held a long time; this little guy had a lot of worries and was carrying the weight of the world on his shoulders. He let out a big sigh at the Throat and started to go deeper. His Mum had to carry him out to the car as he was in such a deeply relaxed sleep by the end.

His Mum phoned the next day to say he didn’t have his usual parent swap melt down and started to have a little one in the morning but it stopped quickly.

The next day he came bouncing in to my treatment room, bright eyed, chatty, telling me about anything and everything. When he was on the cradle he wriggled and laughed and teased me and balanced on the edge saying “look I’m going to fall” and “ok time’s up now, I’ll give you 3 more minutes”, and he held his 3 fingers up giggling to himself, with no intention of relaxing. After 10-15 minutes I gave up and said to his Mum that he was very happy and didn’t need SHEN right now!

I realised he was being continually “uprooted.”

We agreed to leave the next session until next week. This time I went to his house and after a race around where we had to catch him, he lay down on his bed. I didn’t know if we were going to get anywhere but again he relaxed down as I scrunched myself between his bed and wall to do peripheral flows at his left side. His head flows were far less chaotic, there was no hinging and his breath was deep into his Kath. At the Throat he let out a big yawn and then as the flow came through twisted onto his side covering up his face with his hands as if hiding. As I worked on his Kath he went deep; there was something going on. His flows were strong at the Root too and I realised he was continually being “uprooted.” As I watched this gorgeous little person experiencing his SHEN session an image of him as a fully grown man flooded in to my awareness. I saw him standing strong, and I received the message that the SHEN was preventing him from having problems later. It was very powerful, and has woken me up to where I also want to focus my SHEN practice now.

Since his two half hour SHEN sessions he now eats everything put in front of him, and yet for this past year he hadn’t been eating much at all; he doesn’t say he wants to chop his head off and has stopped hitting himself. His Mum delightedly told me “I have my son back, he’s being himself again, he’s such a lovely little boy and I’d lost him.”

We have all enjoyed those moments that make practising SHEN so rewarding: clients commenting “I can’t believe I have been carrying that baggage around for 49 years and now it’s gone” or “Now I realise my difficult birth was the root cause of why I thought I had to fight my way through life.” It has dawned on me recently that every SHEN Therapist has the opportunity to nip this pain in the bud sooner; by SHENing kids too. How many of us are overlooking this gift we can offer?

When my own daughter was younger I noticed all her drawings of people always had 3 vertical lines on the top of their head with a bobble on top. I experimented by doing Root to Crown flows at bed time, drawing out 3 times, which seemed to help her settle. I noticed gradually those quite distinctive
lines on the heads disappeared in her art, which coincided with the strength of the Crown flows reducing. I have no idea why they were there and probably will never know. When you realise that their pictures will reflect what is going on, they become a great tool for clues and can also be a gauge for change too.

All kids want to do is play.
I am very interested to hear other peoples stories of how they have SHENed children and ways they have recognised where to SHEN
I love to work with kids, they are uncomplicated and have not got the need to understand intellectually in the same way us adults do. You have to adjust your technique for drawing out information and use the powers of your observation even more keenly. All kids really want to do is play and so the biggest challenge is to get them to lie on the table! I ask them to bring their favourite cuddly toy so I can meet him or her and then we use it as my SHEN cushion in the session. Their attitude towards emotions is so different to ours. They cry and move on in life, they are in the moment and they don’t have years of ACPR (Auto Contractile Pain Reflex). It doesn’t take much for them to find their centre again and is such an effective method.
You can do this! You have all you need in your hands.

2 Case Studies of SHEN With Children
by Irene McLane, CST, UK

As SHEN Therapists we understand the importance of the relaxation techniques and of the subsequent optimum level of the relaxed state that a recipient will achieve in order to release their deeply held contracted emotions.

Two examples of this I feel have been paramount in the SHEN journey of two children I have worked with. Each having a successful series.

A case of exaggerated, habitual tics and grunts

The first, many years ago, concerned a friend’s ten year old son who presented with very exaggerated habitual tics and grunts. His mother explained it had been happening when he was feeling anxious but had become more frequent recently and she was concerned about him starting a new school soon.

We arranged for him to have SHEN on a daily basis for a week or so- if he would tolerate it. After one hour and some Throat, Root work he was still very “deep” I brought him back to surface with Root - Crown flow and asked if he would like to return next day, and to our delight, he said he would.

During session two, he also reached a deep state very quickly allowing me to work at Throat Root and Kath. This time, at the end of the session, I had the time (with his and Mum’s prior permission) to leave him to “sleep” at the end of the session which he did for another hour.

This pattern of working continued for a few more sessions. My leaving him on the SHEN table as I or his Mother stayed in the room with him until he surfaced in his own time. He didn’t have any experiences to report but always said he had found the session relaxing and that it had gone very quickly!

He had always been a very light sleeper and woke very early each morning. His improvement was immediate with the tics and grunts disappearing completely. To date there has been no recurrence.

A case of Childhood abdominal migraine

More recently an eight year old girl came along suffering from childhood abdominal migraine; a very debilitating condition lasting for up to ten days at a time and resulting in a lot of days lost from school. Again we planned to have a daily session of SHEN.

Session One: Full Peripherals and Kath. She went deep at Kath and came round at Root to Crown. She would “come back tomorrow”

Session Two: Peripheral flows, Kath and Heart session. This time I left her on the table to come round in her own time which she did after another 90 minutes.

After a similar session three, the abdominal migraine had gone completely and almost a year later she has had no further attacks.

I found, that because I was able to work with these two children in this way ie:- having the time and space to allow each of them to remain in that deep state surfacing only when they were ready, it had a profound and lasting effect on their healing”
I started my professional career late in life after I had created my family.

I am a counsellor and psychotherapist and I had the privilege to meet great teachers such as Natalie Rogers in Expressive Arts Therapy, Barry Simons in Gestalt and Richard Pavek in SHEN Therapy. I was introduced to SHEN Therapy in Greece, at the time I was completing my studies in counselling, by my teacher Jenny Biancardi.

I was astonished by the intensity of the experience during my SHEN sessions. I am sure I wouldn’t have found the courage to make the steps I did in my life, without the deep awareness and purified releases that SHEN has offered to me.

My practice is based in Athens where I am happy to offer SHEN Therapy to people who feel stuck in their lives and to those who look to further advance their awareness and peacefulness.

For more information and to book a SHEN session contact
Calliope- Poppy Palimeri
Mobile: 0030 6944527236
Email: poppypal@hol.gr

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A chance meeting with a SHEN therapist in 2009 introduced me to SHEN and its benefits. A year later, when increasingly severe and prolonged migraine headaches (for which no physical cause had been isolated) had become a regular occurrence, I remembered that SHEN could help migraine and sought a course of therapy.

SHEN helped me enormously - not only with the migraine but also with various other issues which had been lurking in the background and which I had become more aware of in the absence of the diversion which my work had offered!

One of my clients says receiving SHEN is ‘like a touching meditation.’
In a way, I think that SHEN, like meditation, can create a spacious and compassionate awareness which enables the release of painful emotions...

Having benefited from SHEN, I wanted to be able to offer it to others. I like the integrity inherent in the link between the requirement to deepen and intensify the personal growth of the intern / therapist through on-going personal SHEN and the ability to effectively benefit the client.

One of my clients says receiving SHEN is ‘like a touching meditation.’ In a way, I think that SHEN, like meditation, can create a spacious and compassionate awareness which enables the release of painful emotions, the unhooking from limiting behaviours and the development of insight - all of which contribute to personal growth and transformation. I also believe that for many of us who are expert at analysing and talking about thoughts and feelings, SHEN can provide the bridge back to our bodies and to the roots of many painful emotions, enabling them finally to be released.

I am delighted to offer SHEN under the supervision of its founder, Richard Pavek, in Goa and during the summer and early autumn in the Glasgow area and South West Scotland.

For more information please contact me as follows:
India telephone number: (0091) 8975980104
UK telephone number: 07400 142808
Email: shenshona1@gmail.com

I left work in 2007 after a career in health and social care spanning over 30 years during which time I occupied a variety of clinical and managerial roles. I have experience of various ‘talking’ and complimentary therapies and of working with people with a wide range of emotional and mental health problems, in particular those who have experienced abuse, trauma and loss. I am interested in the benefits to wellbeing that mindfulness and contemplative approaches can offer and practice meditation myself.
Historians agree that Hippocrates was born around the year 460 BC on the Greek island of Kos (Cos), and became a famous ambassador for medicine against the strong opposing infrastructure of Greece. For this opposition he endured a twenty-year prison sentence during which he wrote well known medical works such as The Complicated Body, encompassing many of the things we know to be true today.

Hippocratic medicine was humble and passive. The therapeutic approach was based on “the healing power of nature.” According to this doctrine, the body contains within itself the power to re-balance the four humours and heal itself. Hippocratic therapy focused on simply easing this natural process. To this end, Hippocrates believed “rest and immobilization [were] of capital importance.” In general, the Hippocratic medicine was very kind to the patient; treatment was gentle.

Hippocratic medicine was notable for its strict professionalism, discipline, and rigorous practice. The Hippocratic work On the Physician recommends that physicians always be well-kempt, honest, calm, understanding, and serious. The Hippocratic physician paid careful attention to all aspects of his practice: he followed detailed specifications for, “lighting, personnel, instruments, positioning of the patient.

The Hippocratic School gave importance to the clinical doctrines of observation and documentation. These doctrines dictate that physicians record their findings and their medicinal methods in a very clear and objective manner, so that these records may be passed down and employed by other physicians.

Hippocrates made careful, regular note of many symptoms including complexion, pulse, fever, pains, movement, and excretions. He is said to have measured a patient’s pulse when taking a case history to know if the patient lied. Hippocrates extended clinical observations into family history and environment.

Hippocrates’ legendary genealogy traces his paternal heritage directly to Asklepius and his maternal ancestry to Heracles.

To him medicine owes the art of clinical inspection and observation. For this reason, he may more properly be termed as the “Father of Medicine”
Experiential Aspects of Emotions & SHEN Therapy – A book Project,
by Cathrine Greene, CST

In looking at popular literature on emotion and healing it becomes apparent that material presenting emotion from a SHEN viewpoint is absent. If there were such text available it could be useful not only to SHEN Practitioners but to the general public as well - providing SHEN with a more visible profile. Publications on Reiki, Healing Touch, Body Talk, Acupuncture etc. abound but references to SHEN are hard to find.

Addressing this absence is the basis of a project I’d like to undertake. This would produce a book on SHEN’s view of emotion and working with emotion. It would address emotion and the SHEN experience on all its various levels from physical injuries to emotional release to metaphysical experiences. The clinical side of SHEN has been presented very thoroughly through Richard Pavek’s book and many of the articles on the SHEN website. That would not be the focus of this work. Rather it will focus on the experiential aspect of emotion and SHEN therapy.

A collaborative endeavour

In conversation with Tony Bailey the idea of this work being a collaborative endeavour including CST’s own experiences (personal and clients) emerged. So, this is an invitation for input to this proposal in the form of suggestions, questions, submissions, experiences you have had personally or with clients that would illumine and clarify the nature of emotion, the experience of emotional release, the consequences of emotional healing, or whatever aspect of SHEN you feel to be important. In this, the book would also become a reflection of the SHEN community as well.

When approached about the project, Richard Pavek said “Yes, I would certainly like to be involved.” I hope you will too!

Please consider submitting your insights, experiences and if possible case histories plus any questions or suggestions you may have to cathrinegreene@hotmail.com. - Confidentiality is assured.

“Kia Ora” –
Welcome to New Zealand
SHEN NZ Workshop Schedule 2012-2013

Auckland Region
SHEN “A” Therapy Workshop
Thursday 12th to Saturday 14th April 2012
St Heliers, Auckland
SHEN 7 Day Therapy Workshop
Wednesday 20th to Tuesday – 26th June 2012
Aio Wira Retreat Centre, Waitakeres, Nr Auckland (Website: www.aiowira.org.nz)
Note: Option to take a 3 Day SHEN A from Wednesday 20th to Friday 22nd June or 4 Day SHEN B from Saturday 23rd to Tuesday 26th June

Nelson Region
SHEN “A” Workshop
Friday 7th to Monday 10th September 2012
Tasman, Nr. Nelson

Nelson Region (continued)
SHEN “B” Workshop
Friday 19th to Monday 22nd October 2012
Tasman, Nr Nelson
Contact: Laura Campbell at 03 526 6108 or 021 627 070 or email shentherapy@xtra.co.nz

SHEN Clinical Skills Seminar – 2013
Aio Wira Retreat Centre, Waitakeres, Auckland
8 day Beginning Training for SHEN Interns
(Prerequisite, two 7 Day SHEN Workshops)
Friday 19th to Monday 22nd October 2012
Registrar & Course Leader for Auckland, Contact: Saranya Tarrant CST, CSI. Tel: 09 528 6735 or email shentherapynnz@gmail.com.
Ireland

Report from Deirdre Leavy CSI, CST, Mentor, Trustee

“Congratulations and welcome to Mary Carthy, new Supervised SHEN Instructor. Best wishes Mary we know you will be a brilliant Certified SHEN Instructor (CSI).”

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself ‘I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”  Eleanor Roosevelt

Workshops

The Clinical Skills Seminar
Ireland 2012……
Start date: Saturday, 31st March
Ending: Friday 6th April 2012

Bookings are now in, and I am delighted to share that, (upon acceptance), two new supervised SHEN Intern Therapists (SSI) are joining the team here in Ireland. We look forward to a successful start to their practice.

If YOU would like to join the Seminar, there are only two places left. If you are already a SSI or a CST this is not just a Seminar, you can also make it a holiday in one of the most attractive, tranquil places in Ireland.

www.abbeyshrule.com

Although I love the cozy fire of winter I am looking forward to brighter and warmer days. Have a happy summer everyone.

If you are not able to attend the Seminar but thinking of visiting Ireland, why not come to the Heart Centre of Ireland Festival of Fires.

Festival of the Fires returns to ignite the Irish summer

Ireland’s oldest festival will once again ignite the summer festival season when it returns to the Hill of Uisneach in County Westmeath on Bealtaine, Saturday May 5th, and we would like to take the opportunity to invite you to get involved in this historic event.

Festival of Fires will bring the Hill of Uisneach to life with the very best in arts, culture, ceremony, heritage and history, crafts, debate, re-enactments and, of course, music.

Uisneach is one of the most important locations in the country. Originally Ireland’s capital it was the ancient seat of the High Kings and meeting place of all the great Irish Clans. Located in the exact centre of the country it was the location for massive annual gatherings such as Bealtaine. We are bringing the Bealtaine traditions back to life, and are inviting the Clans of Ireland to return to their sacred home to celebrate with us.

Following on from two successive sell-out stagings and seven nominations at the Irish Festival Awards 2011, the iconic Festival of the Fires will feature more events and music than ever before.

A one-of-a-kind festival with a history stretching back thousands of years, Festival of the Fires will once again culminate with an amazing nighttime ceremonial parade which will bring all festival goers to the summit of Uisneach where a signal Bealtaine fire will be lit. In turn, fires will be lit on hills around, with the flame passed throughout the country.

The legendary Uisneach Warriors, who won the overall award at the Mullingar St Patrick’s Day Parade Awards, are also returning, and in greater numbers. Hundreds of Celtic horsemen and women will patrol the site and lead the parade. Re-enactments, ceremonies, a holistic village and more also hark back to the festival’s roots. Close your eyes for a minute and you’ll be transported back to ancient times.

Tickets for Festival of the Fires are on sale now from Ticketmaster outlets nationwide and from www.ticketmaster.ie at a special introductory, early-bird rate of 39.50 (plus agents charges). Camping tickets will also be on sale and special concessions for OAPS will be on sale soon.

For more information log www.facebook.com/festivalofthefire and www.festivalofthefires.com
Richard Pavek, Developer of SHEN Therapy Comes Out of Retirement

A Special SHEN® Therapy Workshop

April 29 thru May 5, 2012 in Sedona, AZ

Co-Instructors Richard Pavek, MSI and Russ Fox, CSI

Join us for the first SHEN Workshop ever taught in Sedona, Arizona.

"Imagine the satisfaction of living each moment free from past hurts and future fears, responding fully to what is actually happening now, and living in personal integrity without the crippling distortions of old emotional filters."

"That’s the goal of SHEN Therapy: You becoming fully available to yourself, and to those you love."

Richard R. Pavek

Russell Fox, CSI, CST

Is it time for a New Dawn in your SHEN life?

Reconnect with the SHEN community.

Join Richard Pavek and me for this unique SHEN Workshop Retreat in the healing setting of Sedona, Arizona. This will be a rare opportunity to re-ignite your own healing journey as well as begin re-activating your ISTA status.

As SHEN’s techniques and protocols have continued to be developed and refined, I assure you that SHEN Therapy remains the ‘Gold Standard’ of Biofield ‘Qi’ Therapeutics.

This Workshop is seven full days, from 9:00 AM Sunday April 29th thru late afternoon Saturday May 5th. Of course, your evenings are free. Low cost lodging and transportation options are available.

Please bring your latest SHEN Workshop Manual. As necessary, we will supply you with comprehensive, updated handbook diagrams and other supportive resources.

Remember, if you are either a Nurse or Massage Therapist, participating in this Workshop also qualifies you to earn Continuing Education Units for those disciplines.

I look forward to seeing you here in Sedona! Call now to register.

Download

Basic SHEN Workshop Information & Registration Form

For more information contact me at:

The SHEN Wellness Center of Sedona

SHENTherapy@mac.com / 928.554.5431
www.SHENTherapyNow.com

Information & Registration

This Workshop Retreat is limited to 16 participants.
The reduced fee for returning CST’s and Interns is $600.
To inquire about space or to pre-register:
Please call: 928.554.5431.
CA Residents: 619.992.9902

Richard Pavek

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As SHEN’s techniques and protocols have continued to be developed and refined, I assure you that SHEN Therapy remains the ‘Gold Standard’ of Biofield ‘Qi’ Therapeutics.

This Workshop is seven full days, from 9:00 AM Sunday April 29th thru late afternoon Saturday May 5th. Of course, your evenings are free. Low cost lodging and transportation options are available.

Please bring your latest SHEN Workshop Manual. As necessary, we will supply you with comprehensive, updated handbook diagrams and other supportive resources.

Remember, if you are either a Nurse or Massage Therapist, participating in this Workshop also qualifies you to earn Continuing Education Units for those disciplines.

I look forward to seeing you here in Sedona! Call now to register.

Download

Basic SHEN Workshop Information & Registration Form

For more information contact me at:

The SHEN Wellness Center of Sedona

SHENTherapy@mac.com / 928.554.5431
www.SHENTherapyNow.com

Information & Registration

This Workshop Retreat is limited to 16 participants.
The reduced fee for returning CST’s and Interns is $600.
To inquire about space or to pre-register:
Please call: 928.554.5431.
CA Residents: 619.992.9902
SHEN UK WORKSHOP DATES FOR 2012

Worcestershire - Heart of England SHEN Therapy Centre, Bewdley, Worcestershire
7 day SHEN “Emotional Healing & Personal Development Workshop” in 2 Parts - Workshop Leader – Tony Bailey, CSI
Part “A” 3 days Weekend Workshop
   October 2012: Friday 12th October to Sunday 14th October inclusive
Part “B” 4 days Weekend Workshop
   July 2012: Friday 6th July to Monday 9th July inclusive
   November/December 2012: Friday 30th November to Monday 3rd December inclusive

London - Columbia Hotel, Lancaster Gate, London
7 day SHEN “Emotional Healing & Personal Development Workshop” in 2 Parts
Workshop Leader – Tony Bailey, CSI
Part “A” 3 days Weekend Workshop
   September 2012: Friday 21st September to Sunday 23rd September inclusive
Part “B” 4 days Weekend Workshop
   June 2012: Friday 8th June to Monday 11th June inclusive
   November 2012: Friday 2nd November to Monday 5th November inclusive

Glasgow - Lorne Hotel, 923 Sauchiehall Street, Glasgow, G3 7TQ
7 day SHEN “Emotional Healing & Personal Development Workshop” in 2 Parts
- Workshop Leader – Tony Bailey, CSI
Part "A" 3 days Weekend Workshop
   April 2012: Friday 20th April to Sunday 22nd April inclusive
Part "B" 4 days Weekend Workshop
   August 2012: Friday 3rd August to Monday 6th August inclusive

All dates are inclusive and Workshops begin at 9:00am and finish at 5:00pm
Costs: 3 day Workshops: £300 / 4 day Workshops: £400
For more information, registration and accommodation, please contact:-
Tony Bailey, CSI • Tel/Fax: 01299 401407 • Mobile: 07801 810016 Email: tony@SHENtherapyuk.com

You can also book & pay online at: www.SHENtherapyuk.com

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