

To find out more or to book your place, contact Carole on 01825 740075, or by E-mail at carole@carole-thornton.co.uk.

Further details are also available on my web site www.carole-thornton.co.uk



Carole Thornton is a highly skilled and qualified aromatherapist, massage therapist, life coach, holistic healer, reiki healer, nlp practitioner, intuitive counsellor and trainer with over 25 years experience in the business sector, individual client personal development and holistic stress management.

Carole offers one-to-one treatments at The Vinings in Haywards Heath and at Herons Brook in Chelwood Gate.

Programme of Events for 2010

Carole Thornton



Weekly Meditation/Relaxation

Drop-in sessions for quiet relaxation and a bit of space...

Weekly drop-in sessions in Haywards Heath.

We will spend time in quiet relaxation and meditation to give you the chance to concentrate on becoming at peace with yourself. We focus on relevant topics in connection with your daily life. This is an opportunity for you to relax, revitalise and recharge your batteries.

Meetings are on Monday evenings, starting promptly at 7pm. The meetings will finish at 8:45pm.

These sessions take place at Haywards Heath Town Hall, Boltro Road.

Cost £8 per session.

Self Awareness/Self Healing 8 Week Course

Practical ways for you to take control of life

This course is designed for anyone who wishes to learn how to use the universal energy that is within all living things to help and guide them in everyday life.

We will use a variety of techniques to give you the skills that you need to live happily and comfortably, whatever your circumstances, allowing you to take action in the direction of your goals.

Cost £80 for the course and includes all course materials, handouts and refreshments.

Course dates: Wednesday 3rd March to 28th April (half term 7th April). From 7 to 9pm.

The course will take place at Herons Brook, Chelwood Gate.

Connecting the Seasons

A series of half-day retreats - for Spring, Summer, Autumn and Winter.

3 hours to relax, unwind and start to create new opportunities for yourself. Working in a small group (no more than 4 people) we will use a variety of interesting, stimulating ways to encourage you to take the first steps to a different way of living.

These retreats are designed for you to take the time to step back and evaluate your life, making the decisions and commitments to start creating what is right for you.

You can come to one, two, three or all four of these retreats - they do relate to each other, but they are also fine to attend as 'stand alone' sessions.

Cost £30 per session; includes all materials, handouts and light refreshments.

Dates for 2010

Spring	Friday 19th March	10am — 1pm
Summer	Friday 18th June	10am — 1pm
Autumn	Friday 17th September	10am — 1pm
Winter	Friday 17th December	10am — 1pm

Venue for Connecting The Seasons is: Herons Brook, Chelwood Gate.

Spiritual Cinema

Thought-provoking film and discussion

An opportunity to watch an inspiring, uplifting and sometimes challenging film followed by a discussion. A great way to start each month looking at the world from a different perspective. Refreshments provided to ensure that enjoyable conversation flows aided by tea and home made cake.

Screenings are on the 1st Thursday of each month, please arrive at 6:45pm for a prompt 7pm start.

Venue for the screenings is: Herons Brook, Chelwood Gate.

There is no charge for the cinema, donations taken for St Peter's & St James' Hospice.

Sunday Workshops

A series of one-day workshops

February 21 st	Homeopathy for Home Use Learn how to use homeopathy safely for everyday ailments	Mary Jane Sharratt
March 21 st	Create More Clients A must for therapists and small businesses looking to expand and increase their income	Carole Thornton
April 18 th	Herbal Medicine Chest A practical day looking at how you can create your own herbal first aid kit from the herbs in your garden and hedgerows.	Sarah Furey
May 16 th	Spiritual Healing How to use the new energies and expand consciousness.	Karim Temple
June 13 th	Aromatherapy and Emotions Working with the oils that can help balance our emotions and increase our feeling of well being.	Carole Thornton
July 18 th	Drop-In at Herons Brook Meet local therapists and enjoy summer refreshments.	
August 22 nd	Healing for Health Explore the many facets of healing and how to use the power within.	Carole Thornton

All of these workshops are very practical, You will have the opportunity to take part in a wide range of exercises: I firmly believe that you learn by doing and sharing - as an active participant. Full course handouts will be included.

All workshops start at 10am and finish around 5pm.

Cost: £60 per workshop which includes refreshments, lunch and all materials.