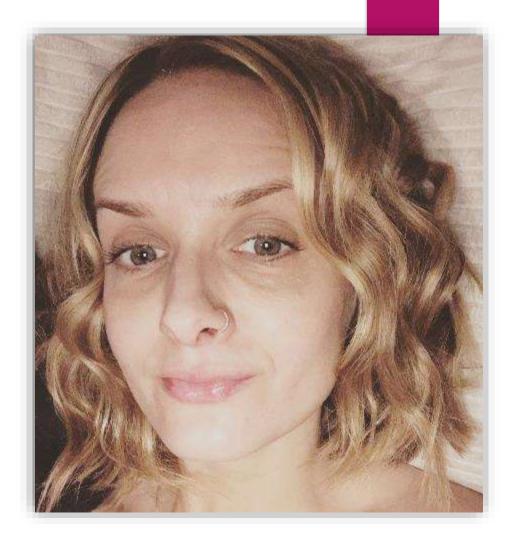
## Vicki Witherick Meditation · Energy · Healing

# Holistic and Natural Health Care

Follow this short presentation to see what is available to you and the benefits of these therapies

www.vwmwellbeing.co.uk



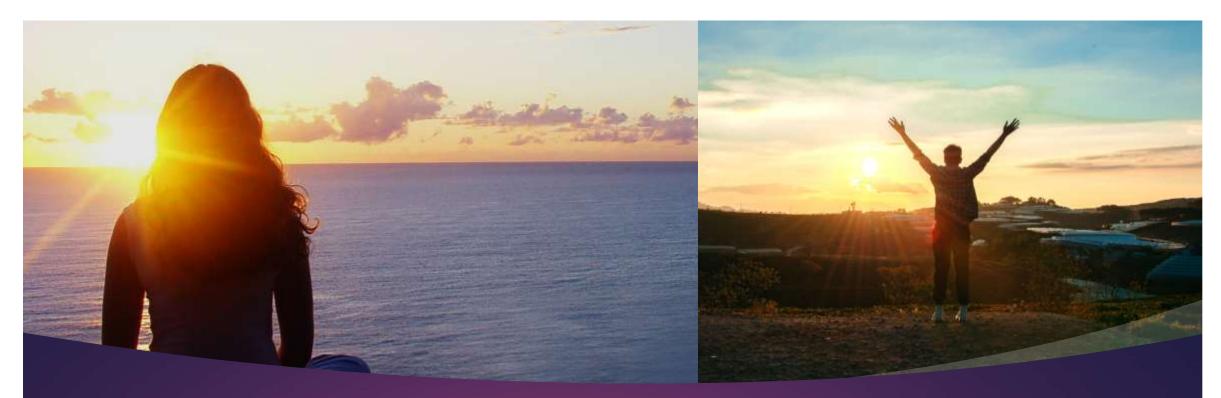
Hello, I'm Vicki, a fully qualified and insured Wellbeing Therapist based in Hertfordshire

Passionate about supporting people with their mental health and natural holistic tools

#### Feeling Stressed?

- Stress effects everybody, if you are stressed regularly you will start to feel the negative impact it has on your mental and physical health.
- 90% of chronic pain is stress related. Headaches, muscular tension, nerve pain and digestive issues are often a result of stress.
- Stress left untreated can lead to sleep problems, anxiety, panic attacks and depression.





#### Benefits of Holistic and Natural Health Care:

Reduce Stress/anxiety and depression

Reduce Chronic pain

Increase positivity and focus

Improve mindset and mental health

Vicki Witherick Meditation · Energy · Healing

# Therapies available to you:



- Reiki
- Crystal Therapy
- Guided Meditation / Mindfulness / Mindful Movement
- Sound Therapy / Sound bathing
- Forest Bathing
- Herbalist Support
- Indian Head Massage
- Cognitive Behaviour Therapy(C.B.T)
- Emotional Freedom Technique (E.F.T/Tapping)



## Recent Feedback

- "Vicki grounded me completely, I felt connected to myself and totally at peace" SW Herts
- ▶ "Relaxing meditation session , made me tune into my inner thoughts and then let them go" JW Beds
- "I feel so fresh but peaceful now after Reiki, It has relieved a lot of stress and tension that I had build up over the last few weeks, I can not wait to come back soon" EL Herts
- "Vicki is an amazing and passionate teacher at what she does. She instantly puts you at ease and gears each session to your need. teaching tools to work on at home, I always end the session feeling totally relaxed and calm and would highly recommend her" RH Herts
- "Just finished CBT course, what an eye opener I really loved it, did everything I wanted and more. Vicki has a calming and empathetic way which was perfect for me, highly recommended" JC Herts



# **BOOK NOW**

### **Available For You**

\* One to One Sessions In The Calm Cabin

\* Private Group Sessions In The Calm Cabin (2-5 People)

\* Open Group Monthly Meditation Groups

\* Virtual and Telephone Guided Meditation / EFT / CBT





#### Join Me Inside The Calm Cabin, Baldock, Herts

In Warmer Weather I Also Have An Outside Space

