



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 affects 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.



Vicki Witherick
Meditation · Energy · Healing

www.vmwwellbeing.co.uk



Benefits of Holistic and Natural Health Care:

Reduce Stress/anxiety and depression

Reduce Chronic pain

Increase positivity and focus

Improve mindset and mental health

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



Vicki Witherick
Meditation · Energy · Healing

www.vmwwellbeing.co.uk



Join Me Inside The Calm Cabin, Baldock, Herts

In Warmer Weather I Also Have An Outside Space