

Joy Nicholson has spent the last 25 years of her career working with people of all ages, in a one to one and group setting. Her work has mainly consisted of assisting people to assist themselves by having a greater understanding and insight, thus enabling them to make choices about how they live.

She is a qualified Child Care worker, Drug and Alcohol worker, Holistic Therapist, Reiki Master/Teacher, Reflexologist, Massage Therapist and Trainer.

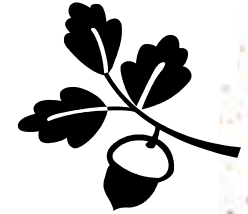
She runs a Holistic Therapy practice (which includes workshops, meditation groups, reflexology, massage, Reiki and Integrated Self Empowerment Therapy sessions) and works in an Aged Care Facility as a Therapist and Trainer in Hobart, Tasmania.



Holistic Healing

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Holistic Healing



Learn Ways
to Relax, Heal
and Empower
Yourself

REIKI

-pronounced Ray-key, is an ancient Eastern hands on modality that works with our energy system. It has enjoyed a resurgence in modern life because many people in the western world are looking for ways to help themselves to heal, relax and cope with the stresses of everyday life.

-There are three levels of learning in Reiki. Reiki 1, Reiki 2 and Reiki Master/Teacher

REIKI 1

-a two day workshop where you hear about the history, philosophy and principles. You learn about the chakras (energy wheels) of the metaphysical body and how to help unblock energy. You also learn some of the symbols used in Reiki. The major part of this workshop is spent having hands on experience, which is fun, relaxing and often aids people to have a greater understanding of themselves.

REIKI 2 Pre-requisite Reiki 1

-a two day workshop where you learn more of the Reiki symbols, our electromagnetic energy fields and ways to get in touch with your inner self. A large emphasis in this workshop is on distant/absent healing where you experience sending healing to yourself, other people, animals, plants and the universe. In both Reiki 1 and Reiki 2 you receive attunements which help to raise your awareness.

You receive: Learning, Support, Practical Experience, Reiki Symbols, Information Folders, Attunements, Certificates. And a useful tool that can help you, your friends and family to live more peacefully.

REIKI MASTER/TEACHER Pre- requisite Reiki 1 And 2

-learning to be a Reiki Master allows you to teach Reiki and attune students. It involves an in-depth study of Reiki energy and our holistic selves. The course runs for approximately 30 hours and is adapted to the student's needs. It is a one-on-one course with the student and Reiki Master/Teacher.

REIKI SESSIONS

a healing modality that channels universal life force promoting deep relaxation and therefore allowing healing of the mind, body and spirit.

Integrated Self Empowerment Therapy (ISET)

-is an effective and subtle form of therapy that helps to create positive changes in your life whether it be physical, mental, emotional or spiritual. It is very effective because it quickly gets to the underlying cause of any disharmony we experience in life. It uses many different modalities and therefore allows for an individual approach to healing. Some of the modalities that may be incorporated are: Guided Imagery, Counseling, Deep Relaxation Therapy, Color Therapy, and past life and age regression.

JOURNEY TO SELF EMPOWERMENT CERTIFICATE

- run over four week-ends this course uses guided meditation and visual imagery techniques (ISET) to allow you to discover your infinite nature and embark on a journey towards self empowerment. It creates a wonderful opportunity for you to create changes in your life and increase well being and self awareness.

RELAXATION MASSAGE

-allows you to relax your body's muscles, stimulates the lymphatic system and increases circulation helping your body to find balance by easing tension and stress.

REFLEXOLOGY

-stimulates the reflex points found in the feet and hands, which correspond to all the body systems. It is a natural, safe modality that promotes health, relaxation and assists in the recovery from illness and injury.

MEDITATION

- allows you to quite and relax your mind, use techniques to promote healing, connect your mind, body and spirit, release limitations, focus on goals and find inner peace and tranquility.

PEACE

Deep peace of the running wave to you;

Deep peace of the flowing air to you;

Deep peace of the quite faith to you;

Deep peace of the shining stars to you;

Deep peace of the son of peace to you;

CELTIC BLESSING