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TRE QUALIFICATIONS: TRE Practitioner Level One

OTHER QUALIFICATIONS: OD Practitioner

COMMENTS:

OD PRACTICE:

Mentoring/Coaching -Mediations – Facilitation – Training

WELLNESS PRACTICE:

- Quantum/TRE stress relief process - Life Coaching
- Mindfulness Meditation - Elders Alert
- Gardens for Health & Well Being - Stories Shared and Told
- Focus, Relaxation, Stress relief and healthful breathing
- Specialised Workshops for Elders & Crone Circles
- Permaculture/Organic gardens – pots, balconies and plots