

Bio for Website

NAME: Jan de Vries

PROVINCE: KwaZulu Natal TOWN: Durban

TEL: +27 31209 3872

MOBILE: +27 82582 9901

EMAIL: jan@holstead.co.za

WEBSITE: www.Holstead.co.za

TRE QUALIFICATIONS: TRE Practitioner Level 1

OTHER QUALIFICATIONS:

- Stress Therapist,
- Counselor
- Massage Therapist
- Lecturer
- Bio-Energy Therapist

COMMENTS: Current President of THASA (the Healing Association of Southern Africa)

Owner of The Holstead (a centre for Health and Learning – founded 1989)

Runs courses/workshops internationally in 'Meditation and Self Awareness', 'Bio-energy Therapy', 'Crystals' and 'The Holstead Method of Back Massage'