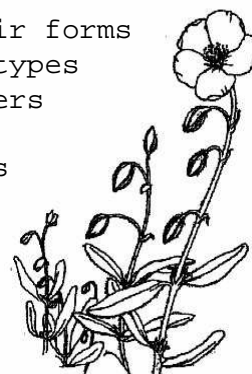


Álainn presents:-
Bach Flower Dances

Harmonising Mind, Body and Spirit

**Fifth Irish Teacher Training Course
With Martine Winnington (Switzerland)**

- ❖ Learn and integrate the 38 dances in all their forms
- ❖ Symbols in action, moving mandalas and archetypes
- ❖ The healing power of nature and the way flowers become remedies
- ❖ Dr. Bach's philosophy and how he came to this simple healing system
- ❖ A personal journey of awareness through the 38 emotional states
- ❖ Practice in introducing and teaching dances
- ❖ How to select dances for specific occasions



Martine Winnington lives in Switzerland and teaches circle dance internationally. She combines a thorough knowledge of the Bach Flower Remedies with a holistic approach to health and personal development. After training in different dance styles and traditions and with many teachers, she has chosen to promote and develop Anastasia's work, marvelling at the healing qualities of these dances. She sees dancing as a vital activity to nurture our relationship with self and other and with our environment. In her workshops she creates a joyful and caring atmosphere where learning is easy and fun.

- Venue:** Ard Mhuire Retreat House, Carlingford, Co. Louth
- Dates:** 19th – 21st September 2008 (Friday 7pm for registration finishes Sunday 4.30pm)
21st – 23rd November 2008 (Friday 10.30am finishes Sunday 4.30pm)
13th – 16th March 2009 (Friday 7pm finishes Monday 4.30pm)
- Cost:** Training €850 – Deposit €150 (secures place and is non-refundable)
(Food and Accommodation extra)

APPLICATION FORM

Bach Flower Dances - Fifth Irish Teacher Training Course

Name: _____

Address: _____

Phone: _____

Deposit €150 (non-refundable)

Full Amount €850

Return to: Álainn, c/o 115 Manydown Close, Red Barns Road, Dundalk, Co. Louth.

Tel: 042-9342241/086-3059415 or 042-9383905