

# Beginners Meditation & Deep Relaxation

**TUESDAY's 2.30 - 3.15PM**

**6 week course begins 16th April**

**BLOSSOMS WELLNESS CENTRE - KILMINGTON**

£8 a class

**Contact Andrea to book:**

**07950 414497**

**quantumcatalystdevon@gmail.com**



# Beginners Meditation & Deep Relaxation

@ BLOSSOMS WELLNESS CENTRE - KILMINGTON

Meditation trains the brain to be more attentive and less reactive to thoughts and emotions, leading to a greater, overall well-being; a valuable practice for a healthy mind, body, and spirit.

The Benefits: reduces stress and anxiety, improves focus and concentration, enhances mental health, alleviates depression, increases self-awareness & emotional stability, lowers blood pressure, improves sleep quality, and diminishes pain.

**TUESDAY's 2.30 - 3.15PM**

**6 week course begins 16th April**

Contact Andrea to book: **07950 414497**

**quantumcatalystdevon@gmail.com**



# Quantum Breathwork

BLOSSOMS WELLNESS CENTRE - KILMINGTON



**TUESDAY'S 3.30 - 4.30pm**

Contact Andrea to book: **07950 414497**  
**quantumcatalystdevon@gmail.com** £10 a class



# Quantum Breathwork

Breathwork works by impacting the nervous system, influencing neurotransmitters in the brain to promote a state of relaxation, the present moment, and heightened awareness

The Benefits: improved overall well-being and resilience which boosts the immune system, it is also a powerful tool used to open your heart for emotional and co-creational development in alignment with your higher consciousness



@ BLOSSOMS WELLNESS CENTRE - KILMINGTON

**TUESDAY'S 3.30 - 4.30pm**

Contact Andrea to book:

**07950 414497**



[quantumcatalystdevon@gmail.com](mailto:quantumcatalystdevon@gmail.com)

# 'MYSTICAL YOGA'

BLOSSOMS WELLNESS CENTRE - KILMINGTON



**TUESDAY's 4.45-5.45pm & FRIDAY's 5.45-6.45pm**



Contact Andrea to book: **07950 414497**  
**quantumcatalystdevon@gmail.com** £10 a class

# 'MYSTICAL YOGA'

@ BLOSSOMS WELLNESS CENTRE - KILMINGTON

A Fusion of Kriya Yoga, Sacred Geometry and the Five Tibetan Rites, aligning and attuning the physical, emotional, mental, and spiritual bodies with the cosmic resonance of divine Wholeness.

This mixed class of dynamic asanas, plus breath-work, focuses on each of the centres with particular emphasis on the Heart, Ajna, and Soul Star.

Take your practice to an unknown dimension; you won't be disappointed!!!!



**TUESDAY's 4.45-5.45pm**  
**& FRIDAY's 5.45-6.45pm**



Contact Andrea to book:

**07950 414497**

**quantumcatalystdevon@gmail.com**

# QUANTUM MEDITATION

BLOSSOMS WELLNESS CENTRE - KILMINGTON

**TUESDAY's 6-7pm**

**£10  
a class**



Contact Andrea to book:

**07950 414497**

**quantumcatalystdevon@gmail.com**

# QUANTUM MEDITATION

@ BLOSSOMS WELLNESS CENTRE - KILMINGTON

For those wanting to 'up-level' in  
Becoming an integral part of the cosmic dance...

*'Divine Syntropy as a Cohesive Whole'*

We activate the Pineal releasing metabolites that create love bomb energies in your heart and your head, whilst accessing deep levels of consciousness for mystical experience's where you LOSE YOURSELF IN THE COSMOS, and tune into Sacred Sonic Codes that activate your divine potentiality!

*Do this class if you want to BE Unlimited...*

*Liberated and TOTALLY FREE!*



**TUESDAY's 6-7pm**  
Contact Andrea to book:

**07950 414497**

**quantumcatalystdevon@gmail.com**



# SACRED SOUL DANCE

BLOSSOMS WELLNESS CENTRE - KILMINGTON



**TUESDAY's 7.15-8.15pm & FRIDAY's 7-8pm**



Contact Andrea to book: **07950 414497**  
**quantumcatalystdevon@gmail.com** £10 a class

# SACRED SOUL DANCE

@ BLOSSOMS WELLNESS CENTRE - KILMINGTON

Our Sacred Soul Dance classes are designed for everyone, regardless of your dance experience. At our sessions, there are no set routines or choreography. Instead, we begin in stillness, attuning ourselves to the energies, harmonics and frequencies of the music. Then we let our bodies move freely, expressing the joy and essence of our souls. The beautiful, soul-stirring music we play will take you on a journey deep within, allowing you to free-fall into a state of pure bliss. You're welcome to rest whenever you feel the desire to simply *Be* in the moment, without any judgement or expectation.

Discover the Joy of Dance, whether you consider yourself a competent dancer, or someone who's never set foot in the dance space, this is an opportunity to let go of your inhibitions and embrace the freedom of self-expression. Join us and unlock the beauty that comes from moving to the beat of Your Own Heart.

Embark on a transformative journey of self-discovery.

Try it and be liberated! This is an opportunity for you to BE FREE ...

Expressing YOU ... the innate Joy of Your Soul!



**TUESDAY's 7.15-8.15pm**  
& **FRIDAY's 7-8pm**



Contact Andrea to book: **07950 414497**

[quantumcatalystdevon@gmail.com](mailto:quantumcatalystdevon@gmail.com)

# SACRED SOUL DANCE

@ BLOSSOMS WELLNESS CENTRE - KILMINGTON



**TUESDAY's 7.15-8.15pm & FRIDAY's 7-8pm**

Contact Andrea to book: **07950 414497**  
quantumcatalystdevon@gmail.com





Contact Andrea to book:

**07950 414497**

**THURSDAY 2.45 - 4.45**

30 minutes £35

This is a very powerful 'hands-off' body healing working in your electromagnetic field. Andrea, one of a handful of Esoteric healers in the UK, restores all of the bodies to optimum health in moments. This is very powerful healing, hence the minimal session time.

**esoteric healing**

@ BLOSSOMS WELLNESS CENTRE - KILMINGTON

# andrea's class schedule.



## **TUESDAY**

2.30pm-3.15pm

Beginners Meditation & Deep Relaxation

3.30-4.30pm Quantum Breath-work

4.45pm-5.45pm Mystical Yoga

6pm-7pm Quantum Meditation

7.15pm-8.15pm

Sacred Soul Dance

## **THURSDAY**

2.45-4.45

Esoteric Healing

## **FRIDAY**

5.45pm-6.45pm

Mystical Yoga

7pm-8pm

Sacred Soul Dance

*Andrea Williams*

AWAKENER ENLIGHTENER HEALER

07950 414497



**BLOSSOMS WELLNESS CENTRE - KILMINGTON**

Andrea's abilities are the fruits of diverse, eclectic practice, over the past 35 years - Quantum Therapist, Certified HeartMath Practitioner, Teacher of Meditation and Mindfulness, Yoga Teacher, Dance Teacher, Breath-work Practitioner, Esoteric Healer & Teacher, Energy Healer, Karuna & Usui Reiki Master & Teacher, Angel & Ascension Teacher Trainer, Metamorphic Technique Practitioner, Advanced Clinical Hypnotherapist, NLP, EFT, & Life Coach \*Andrea was mentored in Esoteric Healing by International Healer Netta Wells \*Andrea was formerly a Master Teacher Trainer for Diana Cooper \*Andrea is a Certified Practitioner for the HeartMath Institute, USA \*Andrea qualified as an Advanced Clinical Hypnotherapist and has completed training with Marisa Peer, Steve Jones, and Ali Campbell.



*Andrea Williams*  
AWAKENER ENLIGHTENER HEALER

07950 414497

@ BLOSSOMS WELLNESS CENTRE - KILMINGTON