

# Aromatherapy

## certificate course

VERA Ross's aromatherapy courses and self-awareness groups for women have been popular for many years.

In the hands-on aromatherapy course you will meet like-minded people and learn in a relaxed atmosphere how to use essential oils for emotional and physical well-being.

"We practise muscle testing, pendulum work, face-cream making, chakra opening, colour therapy, crystal healing and more," Vera said.

This nine-week certificate course, starting October 11, is for anyone interested in the field of natural therapy, for massage practitioners and will help mothers with the health of their children.

"Make Peace with Yourself" is the motto of the women's self-awareness group facilitated by Vera Ross, who draws on 18 years' experience as a gestalt and art therapist and counsellor.

Using drawing and painting (no artistic talent necessary), experimenting with clay and personal sharing, you will gain in self-esteem and assertiveness.

The group starts on October 17 for eight weeks.

Concessions available. Call Vera on 9295 4573.

"Dare to Drum" an African drumming workshop with Jozina, will be held at Parkerville from October 18 for six weeks.

For enrolment phone 9331 3937 or 9295 4573.