

# Heal and enliven with art therapy

DURING the past 12 years Vera Ross has helped to give new impulses to many women in Perth and especially in the Hills, her chosen home after leaving Germany.

There she trained as a gestalt therapist using art therapy (drawing, painting, experimenting with clay, no artistic talent is necessary) as a tool to get in touch with the deeper inner self.

In her new group "Make Peace with Yourself" participants will bit by bit gain more assertiveness, heal old wounds, and feel more alive and positive.

In this supportive group women can find direction and move forward.

The group meets on Tuesday mornings; you can pay weekly and concession is available.

Aromatherapy and other healing modalities will be taught by Vera on Wednesday mornings.

In this course you will learn about 20 different essential oils, how they work on a physical and emotional level; how to blend oils; basic muscle testing; how to use a pendulum; how to open chakras with crystals, colour or essential oils;

how to make skin care products; aura work and emotional freedom technique.

This is a certified course.

You will be able to use aromatherapy in a safe way on yourself, family or clients.

For inquiries or enrolment ring Vera on 9295 4573 or email [veraross@argo.net.au](mailto:veraross@argo.net.au)