

Deepening Your Spirituality

An Introduction to techniques for a daily practice that can help to Deepen Your Connection with Yourself and God



Siobhan Wilcox has been working and teaching in the area of holistic therapies and spirituality for over 17 years in Ireland and the USA. For many years has been guiding others in ways to raise their spiritual vibration and increase their well-being.

She is a mom of two lively boys and the founder of a website to help other parents, parents to-be and educators called Kids Yoga Network. She is also the co-founder of PEACCE™, Parenting Extraordinary And Challenging Children Everyday. PEACCE™ is a support group for parents of challenging children. It helps parents find techniques to self-care & relax deeper. She is an Angel Therapist™, Yoga Teacher, Soul Memory Discovery Practitioner, Stress Management Consultant, Color Therapist, Massage Therapist, Reiki Master, and a Spiritual Healer for Indigo Children and Adults. Siobhan offers one-to-one readings and consultations. To find out more about Siobhan and her work visit www.SiobhanWilcox.com & www.KidsYogaNetwork.com. Email: siobhan@siobhanwilcox.com for more info.



Sunday December 7th 12.30 – 3.30

Investment: Members \$35, Non-members \$40

Wear warm comfortable clothing. Bring pen and paper, blanket and cushion.