



Breathing Space

the learning and development journal
for all mindfulness teachers & therapists

Summer Issue 2023



IN THIS ISSUE:

Joining The Dots in Therapy

Grab That Opportunity!

Embodiment and Enquiry

Celebration Day 2023!

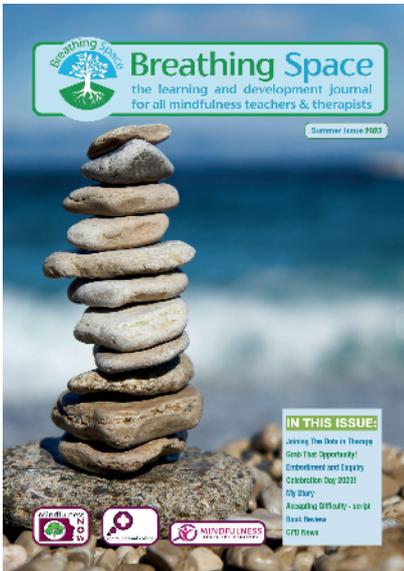
My Story

Accepting Difficulty - script

Book Review

CPD News





Welcome to our Summer edition of Breathing Space 2023!

Hi everyone!

And welcome to our Summer journal 2023.

As always, this issue is jam-packed full of great articles. First up, there are a couple of articles related to up-coming CPD opportunities – one from Nick all about exploring the connections between talk therapies and mindfulness. This CPD is the first for a long time that will be taking place in-person in Birmingham; and there’s an article from me which focuses on three important aspects of therapy and mindfulness – ‘Expectations, Embodiment and Enquiry.’

Very recently Mindfulness Now have had a glorious Celebration Day at the MAC, Edgbaston so we also include a few photos of the day. Look out for the next one in 2024 as we envisage celebrating our 10th Anniversary in even more style!

We’re also including a script focused on Acceptance that has been submitted by one of our students. It’s a great idea to share things like this with the rest of our community so do please let me have any ideas you might have. And there are also a couple more articles – Emma writes about her journey into Mindfulness and Kelly writes about the importance of taking opportunities whenever they might show up.

And for our book review for this edition we’ve accepted a submission that has been written by Artificial Intelligence! Would you have known, we wonder?! And, of course, details of all our up-coming CPD courses are there on the back page (you can always keep up to date with CPD opportunities via the website too - <https://mindfulnessnow.org.uk/continuing-professional-development-cpd/>)

Once again, thanks to everyone who has contributed to this issue. And the invitation is always there if you’d like to submit an article, script, book review of your own. It’ll be great to have your contributions. Thank you.

Look forward to hearing from you!

Please submit your articles to

info@mindfulnessnow.org.uk

Rachel Broomfield - Editor - Breathing Space



Breathing Space

Editor:

Rachel Broomfield

info@mindfulnessnow.org.uk

Publisher

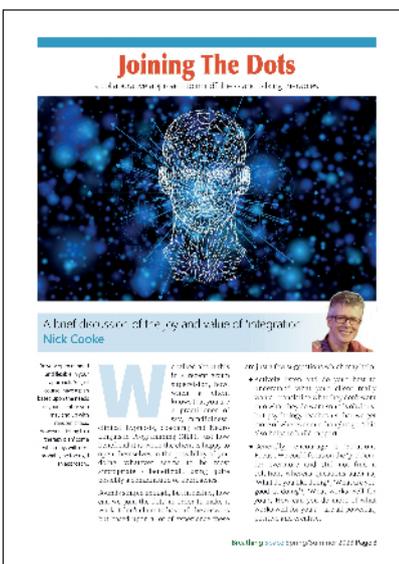
Nick Cooke

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Joining The Dots

a collaborative approach to mindfulness and talking therapies



A brief discussion of the joy and value of 'integration'.

Nick Cooke



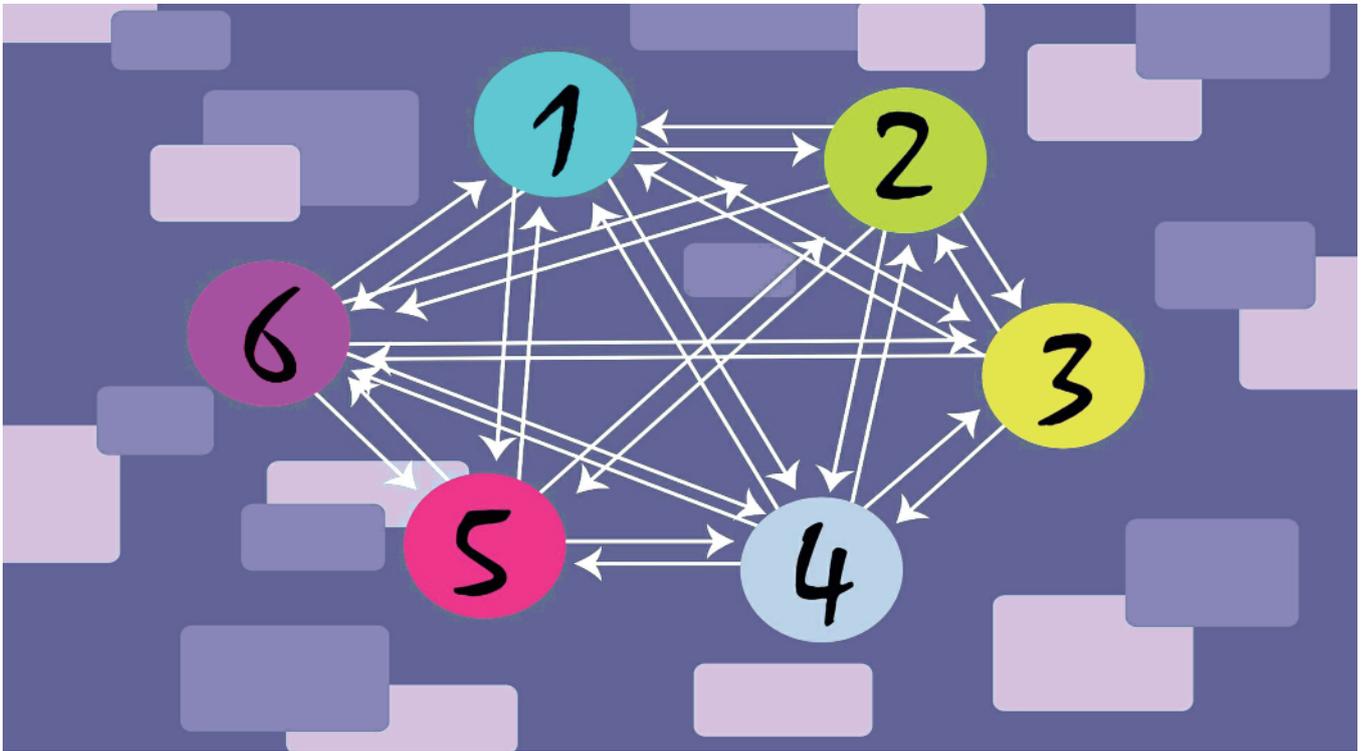
Be very open minded and flexible in your approach. Yes, of course, have a plan based upon the needs of your client or you may end up with random chaos. However sticking to a 'therapy plan' come what may, will most probably be too rigid an approach..

We talked about this in a recent group supervision, how, when a client knows that you are a practitioner of say, mindfulness, clinical hypnosis, coaching and Neuro Linguistic Programming (NLP), just how beneficial it is when the client is happy to open themselves to the possibility of you doing 'whatever seems to be most appropriate / beneficial', using quite possibly a combination of approaches.

Sounds simple enough, but in reality, how can we 'join the dots' in order to make it work. I don't claim to have all the answers but based upon a lot of experience these

are just a few suggestions which may help:

- Actively listen and do your best to understand what your client really wants - translating what they don't want into what they do want sounds obvious, but psychology teaches us that we get more of whatever our thoughts go. This also helps to build rapport.
- Generally, encourage a 'Solutions Focus'. We could focus on the 'problem' for evermore and still not find a solution, whereas questions such as, 'What do you like doing?', 'What are you good at doing?', 'What works well for you?', 'How can you do more of what works well for you?' – are all powerful, positive and creative.



- If you can offer hypnotherapy but they are scared of hypnosis then there's no point in pushing it but invite them to spend 10 minutes or so in deep relaxation towards the end of the session if they wish. The results can be amazing. (not hypnosis of course!). When they return for their next session, they may even say to you how much they appreciated that 'non-hypnosis' and how they are looking forward to doing more of it!
- Be very open minded and flexible in your approach. Yes, of course, have a plan based upon the needs of your client or you may end up with random chaos. However sticking to a 'therapy plan' come what may, will most probably be too rigid an approach. Guide your mindfulness/therapy boat through the 'River of Integration'^{kt}, steering safely between 'utter chaos' on one side and 'Rigidity' on the opposite bank.
- Future Pace – use the 'Miracle Question' – 'While you are asleep tonight a miracle happens and your

problems / issues are miraculously solved. When you wake in the morning what are the things that you notice that represent your solution'?

- Make the sessions gentle, light hearted, and, if at all possible, playful. Key essentials are kindness, compassion, warmth, curiosity and creativity.

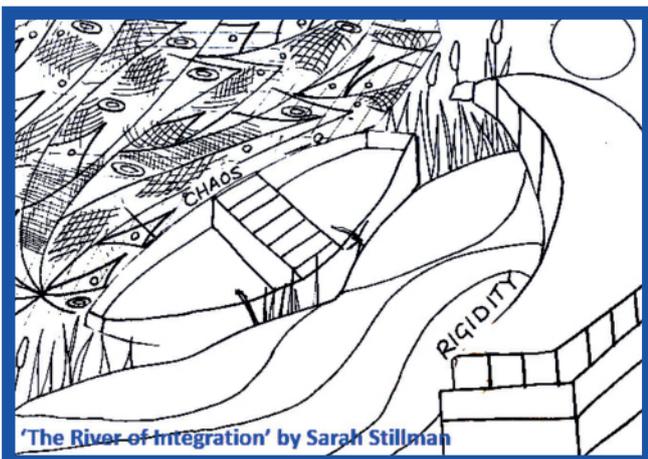
**Siegel D. 2010 Mindsight - Transform your brain with the new science of kindness'*

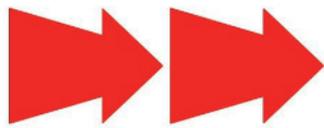
Nick Cooke is leading an in-person CPD day entitled 'Joining the Dots' for all mindfulness teachers and therapists, at the Midlands Arts Centre (MAC) on Thursday 19th October from 10.00 am to between 4.30 and 5.00pm. The attendance fee including refreshments is £130 to all Mindfulness Now / CEC students and graduates, or £170 to all others.

'Joining up the Dots' is an invitation to meet in person other students and graduates, explore the connections between talking therapies, and in particular, hypnotherapy (MBCH), and the teaching of mindfulness through the Mindfulness Now programme and to learn, discuss and practise:

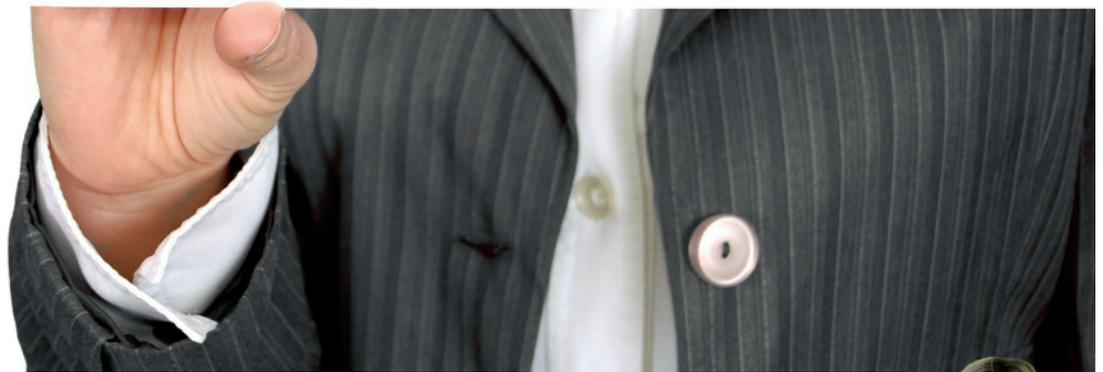
- Safe and ethical practices for mind/body healing
- Compassion focussed approaches
- Healing visualisations for wellbeing
- Briefer approaches to mindfulness teaching and talking therapy

The style will be practical / interactive with 'learning through practise', as well as lots of discussion, so if you are looking for opportunities to practise, this course could well be for you.





Grab That Opportunity!



Why do we so often hold ourselves back?

Kelly Saward

We cannot feel real love without pain. It is brave to be open to it all, however that looks. Realising that each step is so worthwhile and taking this for what it is. The hard part, however, is going after what we truly we want.

Confidence can lack in all of us at times, rejection lowers self-esteem, and that little voice appears again. 'I'm not good enough.'

I have felt rejected more times than I like to recall. Regularly finding myself at a crossroads, putting myself back out there that little bit harder each time. But I continue to try. Resilience and strength are inside us all. Sometimes it is simply hard to notice it buried under the layers of doubt and criticism.

Being present and continuing to build a deeper connection, we remove these blocks. The wonderful moments and experiences are ours for the taking today... if we allow it to be. Opportunities can be wrapped up in

many ways, the question is do we see them when they arise? We miss so much, lost in the past or racing ahead of time, that these precious moments pass us by. The things we 'should' do mounting up. But what about grabbing hold of those things we really want?!

This past year I have faced deep emotional turbulence, revisited buried difficulties, and faced new ones. Realisation I wasn't quite ready for, or maybe I was? All I do know is that I did not run from my feelings this time. I am now able to sit with heartache and pain and not suffer on top!

Finding something you really love is worth holding on to. It may place you in a vulnerable position and this may then result in knock backs, heartbreak, not the result set out for, but does that mean you should



not put yourself out there altogether? Gaining confidence in who you are comes from facing all experience good and bad, an accepting that led you to where you are today.

When approaching life mindfully those little spaces are noticed. That small opening seen just before the overwhelm kicks in - it's in these beautiful, yet scary steps the magic happens so we can experience more out of each day, out of life.

Much of the time we feel under pressure to do more and keep up with all that surrounds us. Sometimes that new experience may come in the form of saying 'no' and that is ok. How liberating it feels to do what is right for you not what you feel fits in. The experience then is that of being free, being you and what better

place to be.

Heartache comes from love and life sits deep inside this. We can only create a deep connection by opening our hearts and this is a vulnerable place to be, knowing that by doing so we can be knocked down and rejected once more.

We cannot feel real love without pain. It is brave to be open to it all, however that looks. Realising that each step is so worthwhile and taking this for what it is. The hard part, however, is going after what we truly we want. This is daunting and often 'the imposter' kicks in again! Don't let it this time, for this could be your time. Knock down those barriers, uncover your confidence and be present with you! Ask yourself what is right in front of you now and grab hold of it with both hands!



Hi I am Kelly. I trained with Mindfulness Now in 2020 and really enjoy being part of this community. I set up 'Room 478' in 2020 the idea being to create a space, a room where I can help people find their confidence and reduce anxiety through Mindfulness & Meditation. The 4-7-8 breathing technique has always been beneficial to me, hence Room 478. If you want to connect, find me at www.room478.co.uk or on Instagram, Linked In or Facebook. @room_478

Expectations, Embodiment and Enquiry



The importance of these much glossed-over terms in therapy and mindfulness teaching.

Rachel Broomfield



This heightened awareness allows us to better understand the ways in which our thoughts and emotions can impact our physical state, and vice versa – that mind/body connection.

We all know that mindfulness and associated therapies such as Acceptance and Commitment Therapy have become increasingly popular in recent years, and it is easy to understand why. These practices are about being fully present and aware in the moment, without judgment and with curiosity. And we all know that this can help us to reduce stress, improve our mental and physical health, and in the long-run, lead more balanced and fulfilling lives.

But to fully understand these things, perhaps we need to take a 'deeper dive' into three of the key concepts that underpin the practices - expectations, embodiment, and enquiry.

These three ideas are hugely important in all Mindfulness Based Approaches. They have

also been widely applied, in varying forms, by many of the 'great' names in therapeutic practices over the years, including Milton Erickson, Carl Rogers, and Carl Jung (although they perhaps never used these terms specifically).

The expectations an individual has form an important aspect of mindfulness and therapy processes They help shape our on-going, everyday experiences in very powerful ways. When we approach things with a specific outcome in mind (whether we're the client or the practitioner), such as reducing stress, anxiety or depression, or achieving these in the people we work with, we may be disappointed if the benefits are not felt immediately. This can inevitably lead to frustration and a sense of failure, which can undermine our motivation to continue with the process.



Instead, perhaps it is more important to have more of an open mind, without any preconceived notions about what we should experience. Perhaps, it would be preferable to be curious and open to whatever arises in the present moment, whether it is pleasant or unpleasant, comfortable or uncomfortable. By letting go of our expectations, we can free ourselves from the pressure to achieve a particular outcome and simply allow our experiences to unfold naturally. And perhaps in ways that we'd never imagined!

Embodiment is another important concept in both mindfulness and therapies such as hypnotherapy. Firstly, it refers to the way in which our thoughts, emotions, and physical sensations are all interconnected. When we are 'mindful', we become more aware of our bodily sensations, such as our breath, heartbeat, and muscle tension. This heightened awareness allows us to better understand the ways in which our thoughts and emotions can impact our physical state, and vice versa – that mind/body connection. And of course, it goes without saying that with time and practice we learn to 'embody' the attitudes and ethos that our training introduces us to, especially the Attitudes of Mindfulness

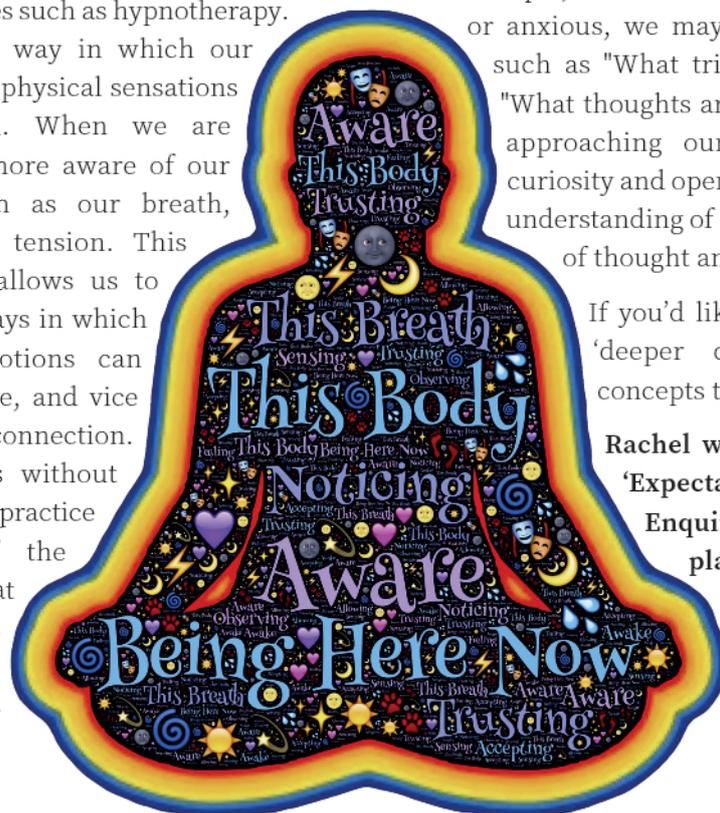
if we're mindfulness teachers.

Enquiry is the third key concept in mindfulness and is also an important aspect of therapy. It refers to the process of investigating our experiences with curiosity and openness. When we have a mindful approach, we experience our thoughts, emotions, and sensations with a sense of enquiry, rather than judgment or avoidance. This allows us to gain deeper insights into our inner world and develop greater self-awareness.

For example, if we notice that we are feeling angry or anxious, we may ask ourselves questions such as "What triggered this emotion?" or "What thoughts are driving this feeling?" By approaching our experiences with this curiosity and openness, we can gain a better understanding of ourselves and our patterns of thought and behaviour.

If you'd like to take a bit more of a 'deeper dive' into these three concepts then do join me in June.

Rachel will be running a CPD on 'Expectations, Embodiment and Enquiry' which will be taking place online via Zoom on Saturday 3rd June 2023. Further details on the back page!





My Mindfulness Journey So Far!

Emma Bisdee



I was forced to leave my job, (supporting special needs children in a school) to recover and this is when I turned to mindfulness. I have heard so many people say this, but it has transformed my life.

Like a lot of people, I came to mindfulness after a period of ill health and having tried a lot of different things to help me such as diet, herbs, yoga and counselling. I decided to try mindfulness and it was the only thing that helped. I really did feel pretty low and disillusioned with life. I started to do a little each day, at this stage I was bed bound with 'post viral fatigue' so the doctors thought, but looking back I can see that losing my mum to cancer pretty fast in 2016 had given me such a shock that I had been running on autopilot and one day at work, I literally could not put one foot in front of the other. I was forced to leave my job, (supporting special needs children in a school) to recover and this is when I

turned to mindfulness. I have heard so many people say this, but it has transformed my life.

I decided I would like to train in mindfulness and as luck would have it, I found 'mindfulness now' and after a chat with Rachel (a life saver) I was booked onto the course which ended up being on zoom as it was the first lock down, but in fact this suited me well as I have three children. I got so much out of this training and planned to get working straight away! 'Non striving' is probably my biggest challenge. It has taken so long to get clients, don't get me wrong I have had some success before now, and it is important to celebrate this! I wrote an article for my local magazine which was a first for me! and this did lead to a couple of new clients, I also decided

to offer free weekly sessions for teenagers (friends of my daughters) during the lock down. This was a great start and I enjoyed teaching this age group and found it rewarding.

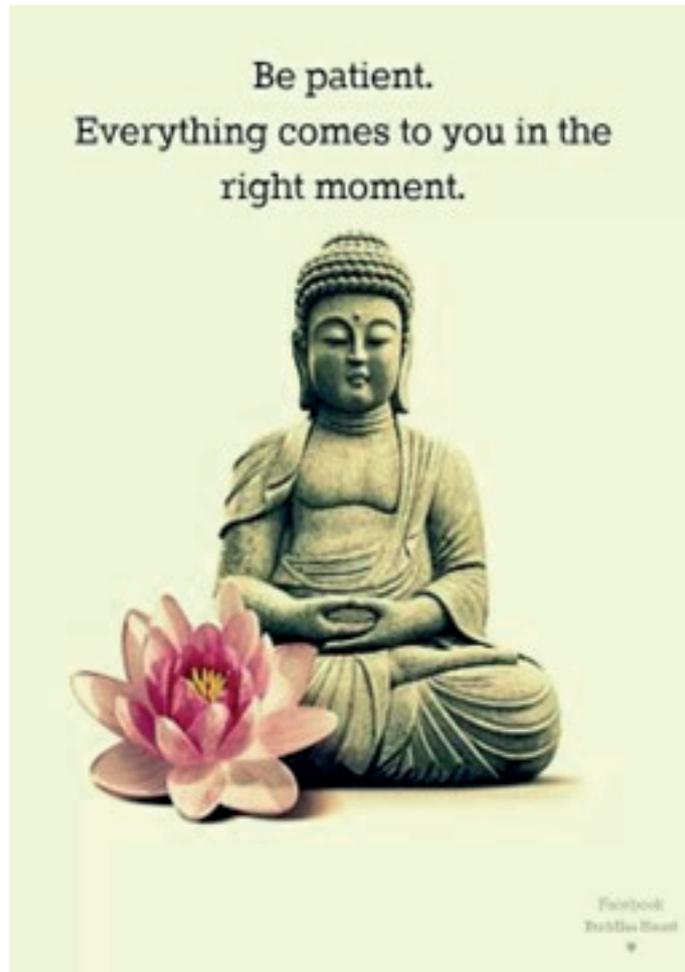
I wanted to offer something else alongside mindfulness. By coincidence, an email popped up offering 'Mindfulness Based Clinical Hypnosis training with Nick. I embarked on this training. It was very challenging but just what I needed. I really enjoyed learning and expanding my mind and as a group we gave each other a lot of support. I was over the moon to qualify in June 2022. I am hoping to complete my HPD this year as well.

The theme of working with young people carried on and three out of four of my case studies were with young

people. I was still finding it very hard to attract clients and do struggle with promoting myself like many of you I am sure, it does not seem to go hand in hand with mindfulness. I have had to

really develop patience and to keep the faith.

Finally, things have started to move this year and my patience is beginning to pay off slowly! My mindfulness journey continues....



Emma lives near Reading with her family and her cocker spaniel !

She works on behalf of 'Neuro Headway' delivering sessions into schools, she runs the Mindfulness 8 weeks course and is currently working with some 'Parkinson' patients, which she has a special interest in.

She also does hypnotherapy from a centre local to her but also offers online sessions.

**Her contact details are:
www.mindfulbisdee.com,
emmabisdee@hotmail.com, 07912674699**



PHOTO FEATURE

Mindfulness Now Celebration Day 2023

On 11th May 2023, over 50 members of the Mindfulness Now community came together at the Midlands Arts Centre in Birmingham in order to enjoy a delightful day full of mindfulness, connections, joy and laughter. It was so lovely to see so many of our community there, some of whom we'd only ever met online. Our six speakers shared fascinating insights into their own experiences since joining Mindfulness Now and thank you to each of them for sharing their stories. We were also treated to some mindful yoga facilitated by Aston and mindful eating gently

led by Tony. And in the afternoon we experienced an immersive sound bath which was beautifully delivered by Hannah Rose Brabbs of www.goodvibrationswellbeing.com. The day then came to a conclusion with some Dharma sharing where many people expressed gratitude for the day.

Thank you to everyone who was involved with this wonderful day, whether they were helping or attending. We know that many new friendships have been made and hope that the ripples of connection continue to flow out in all directions. Here's to 2024!



PHOTO FEATURE

Mindfulness Now Celebration Day 2023



Your Mindful Moment

Each minute of your life is a single moment,
Each moment of your life then becomes a memory.
Memories we can cherish of happy times in the past,
Or of people no longer with us but their memory still lasts.

We don't know what lies ahead for us on this journey of life,
Moments of pure joy but also those of pure strife,
The storms can come rolling and fill us with worry and stress,
But we only get one chance to have each moment no more, no less.

Human nature is to dwell on the past hurt and pain,
Whizzing thoughts and emotions repeatedly battering you once again,
But you cannot control what has happened in the past, or what is ahead,
You can only control your own response, your own thoughts going on in your head.

So, let's try a new mindset and look at each day with a beginner's mind,
Try and let go of the pain and hurt and focus on the love and kind,
Accept what is happening in this very moment you are in,
And with the practice of mindfulness let your mindful moment begin.

Lindsey Thomas-Dowle

lindsey@yourmindfulmoment.co.uk
<https://yourmindfulmoment.co.uk/>



Accepting Difficulty



Script Share

Sarah-Jean Henderson

In the doorway, I stood defiantly, both hands on my hips and yelled “You are not welcome!”. I thought this would send it running, but instead, it charged towards me until we stood face to face.

Here’s something a little different, from one of our students who trained with Sharon Conway in Edinburgh. Sarah-Jean Henderson wrote this mindfulness script and used it in her teaching practice for acceptance in the context of exploring difficulty. We hope you’ll agree that it’s rather beautiful. Thank you for sharing it with us Sarah-Jean.

The “subject” (in this case heaviness) can be swapped out to anything relevant to the participant (anxiety, sadness, pain etc).

“In the beginning, heaviness came as an intruder. It ignored the locked doors and “do not enter”. It barged right in, unannounced and unwelcome, to the four walls of my home. It blundered through the hallway. Left footprints on the carpet. It stumbled into walls and furniture, breaking things I’d spent so long making beautiful, so that even after its exit, its presence was still there in the mess it left behind.

The next time heaviness came, I saw the signs before its arrival. The world around me darkened. Everything too much and too little. So I decided to retreat. I bolted the doors. Boarded the windows. Cast my home into darkness, braced and waiting, for the heaviness to return. Sometimes it did. Sometimes it didn’t. I spent moments upon moments without any light getting in.

The next time heaviness came to visit, I saw the signs before its arrival. In the doorway, I stood defiantly, both hands on my hips and yelled “You are not welcome!”. I thought this would send it running, but instead, it charged towards me until we stood face to face. Up close, I saw myself in its expression. Both of us, tired of fighting. So I took a breath. Stepped backwards. I invited the heaviness in. There was no mess. No destruction. I didn’t even notice it leaving.

The heaviness still comes to visit every so often. I open the door and welcome it, put the kettle on. We drink tea together.



Sometimes it is difficult. We laugh it off, for the most part. And then it slips out the back door, almost as quietly as it came in.

I rinse its cup under cold water, place it on the draining board.

This is our relationship now.”

Sarah is a certified yoga instructor (800h), mindfulness practitioner and mental health first aider, with certificates in counselling and therapeutic communication.

She runs weekly “Solace Sessions” in Whitley Bay and Tynemouth (UK): combining yoga-inspired guided movement and mental wellbeing practices. Alongside this, she offers 1-1 yoga, mindfulness, and listening support sessions online and in person.

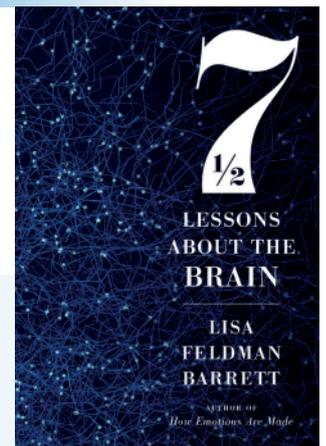
Website: www.sarahjean.co.uk Instagram: [@solace.ne](https://www.instagram.com/solace.ne)

Book Review

Seven and a half Lessons About the Brain

Author – Lisa Feldman Barrett

Book Review by AI



This is a remarkable book that provides readers with a fresh and unique perspective on the workings of the brain. Barrett, a neuroscientist, has distilled her years of research into seven and a half concise lessons that challenge many of the traditional beliefs about the brain.

The book's accessible writing style and standalone chapter format make it easy to read and digest, and each lesson is backed up by scientific evidence that is presented in an engaging and compelling manner. Barrett's insights into the brain's predictive capabilities and its role in shaping our thoughts and behaviour are particularly fascinating.

One of the most significant takeaways from this book

is that the brain is not merely a thinking organ, as many people believe. Instead, it is a prediction machine that uses past experiences to make sense of the world around us. This insight has important implications for how we approach education, learning, and mental health.

Overall, "Seven and a Half Lessons About the Brain" is an excellent read for anyone interested in neuroscience, psychology, or the human mind. Barrett's insights challenge traditional thinking about the brain and offer readers a fresh and compelling perspective on how it works. The book is highly recommended for anyone looking to expand their knowledge of the brain and its complexities.

Continuing Professional Development (CPD) 2023

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 14 hours, or two days of CPD during each twelve month period, plus a Retreat Day. The list below shows CPD and other training events currently scheduled for 2023, but new events are being added all the time, so please check the relevant websites regularly.

**** Each CPD Event states whether it will be taking place Live Online via Zoom or IN-PERSON ****

**** Please note individual booking information for each event ****

The attendance fee is
£130 to all Mindfulness Now / CEC students and
graduates, or £170 to all others.

Saturday 27th May 2023

Aston Colley

Mindfulness Yoga CPD

Live Online via Zoom

10:00 – 17:00

Yoga rightly has a large component of physical practice within its remit, perhaps because of this it is easy to mistake yoga's purpose as a form of exercise or performance and in many cases I think this is what it has become. On this workshop I will argue that the reason working through the body is important is because this is where our feelings sensations and perceptions reside. These feelings sensations and perceptions are what motivate our behaviour in the world. They are at the root of the word embodied and they manifest in many different ways. The workshop will explore the way sensation perception and feelings relate to each other as we move through both simple and gentle movements of the body. We will discover that well-being is more connected to how we respond to the feelings we perceive than it is to do with how strong or fit we are (exercise) or what we can do with our bodies (performance).

The day is a mix of practice and theory and includes a workbook with gentle movement sequences and relaxation techniques you can teach others.

<https://mindfulnessnowoxford.org.uk/training-course/continuing-professional-development-cpd/mindfulness-yoga-workshop-may-27th-2023-online/>

Saturday 3rd June 2023

Rachel Broomfield

Exploring Embodiment and Enquiry

Live Online via Zoom

10:00 - 16:30

'Bringing the Being back into Doing!' A deeper dive into three vital areas of mindfulness practice and teaching. This day, aimed at both therapists and mindfulness teachers, will consist of discussion and practice time that will help to deepen your level of understanding and expertise when 'responding' to expectations (whether your own or the people you're working with) and to whatever goes on within your therapy sessions or teaching groups. Through learning and experiencing more about embodiment and enquiry, you will develop a more compassionate approach and have deepened your awareness of how to take care of yourself and those you're helping.

Focus on the two meanings of embodiment

Focus on the attitudes of mindfulness for teaching and during therapy Enquiry - Asking the right questions of ourselves and others and knowing how and if to respond

Please get in touch with Rachel directly in order to book your place:
rmbmindfulness@aol.com

Saturday 17th June

Sharon Conway

Mindfulness and Mental Health

Live Online via Zoom 10:00 – 17:00

Integrates Mental Health Awareness and Mindfulness

This course enables the participants to understand factors that affect mental health and feel more confident about starting mental health conversations, it explores the relationship between mindfulness and

mental health and how to look after ourselves.

- Equips participants to support someone in distress or who may be experiencing a mental health issue with MHFA England Mental Health Aware

- Looking after our own mental health and maintaining wellbeing is an essential part of teaching and leading others. This course explores mindfulness for healthy minds and participants will develop their own self care plan.

Everyone who completes the course gets:

A certificate of attendance to say you are Mental Health Aware

A manual to refer to whenever you need it

A workbook including a helpful toolkit to support your own mental health

Bookings can be made on -

<https://www.wellbeingmind.co.uk/events/cpd-online-mindfulness-and-mental-health-2-832/>

Saturday 8th July 2023

Madeleine Agnew and Rachel Broomfield

Mindful Child

Live Online via Zoom 10:00 – 17:00

To meet ever increasing demand for children's wellbeing programmes, including mindfulness, this one-day CPD event will focus on broadening the skills and techniques you have in your 'working with children' toolbox. This course will build upon some of the practical activities shared on the Mindfulness Now course and will bring together practical, fun ideas and child friendly meditations that you can use on an ad-hoc basis or as part of our structured six-week programme, The Mindful Child. Both Rachel and Madeleine have wide experience of working with children and presenting to adults and this workshop is open to all qualified mindfulness teachers.

Bookings should be made on 0121 444 1110 or

info@mindfulnessnow.org.uk

Thursday 7th September – Thursday 26th

October (inclusive of the Gift Retreat Day on Saturday 28th October) – The Official Mindfulness Now 8-week course – Rachel Broomfield - online - <http://www.rmbhypnotherapy.com/booking--official-mindfulness-now-8-week-programme.html>

Saturday Sep 9th - Mindful Eating for Weight

Management – Tony O'Shea-Poon – online -

<https://mindful.me.uk/classes-and-courses/mindful-eating-weight-management-cpd-sept2023/>

Sunday 17th September 2023

Sharon Conway

Edinburgh Retreat Day – IN-PERSON

Dalkeith Country Park, Edinburgh 10:00 – 17:00

Cost = £85 Booking page and more information -

<https://www.wellbeingmind.co.uk/events/mindfulness-retreat-day-630/>

Saturday Sep 23rd– Working with Teens – Rachel

Ashcroft – online - info@mindfulnessnowmanchester.org.uk

Saturday October 7th – Mindful Parenting –

Madeleine Agnew – online - maddymindfulness@gmail.com

Thurs 19th October – Joining the Dots – links

between mindfulness and therapy - Nick Cooke - in-person at the MAC, Birmingham – info@mindfulnessnow.org.uk

All courses are certified and training notes are provided. The courses are open to practitioners of mindfulness teaching, hypnotherapy, NLP, coaching, counselling, and related fields. Numbers are strictly limited.