

Freedom Courses & Fees

Freedom Courses may be delivered in a variety of ways.

1, 2, 3 or 4 hour workshops or One to One sessions are available depending on ability of clients and application designed to suit their needs addressing their personal requests.

Taster sessions are available to give an intro and understanding of the course content and how it is applied. This can include anything, but can be tailored to suit the group in question. This would normally include relaxation, recognising how the body talks to us and we don't listen, getting a balance in the body so we stay in control. These are huge subjects as the body is so complex, but it is simple to covert negative energy into positive energy.

Course fees

Group Taster session £5 per person (min £50)

1 hour Group session £5 per person (min £50)

2 hour Group session £120

Half Day £150

One to Ones £20 – £50 per hour paid privately (depending on group, individual and how many)

Travel time if necessary @ 25p per mile

Please ring to discuss requests and quotes.