



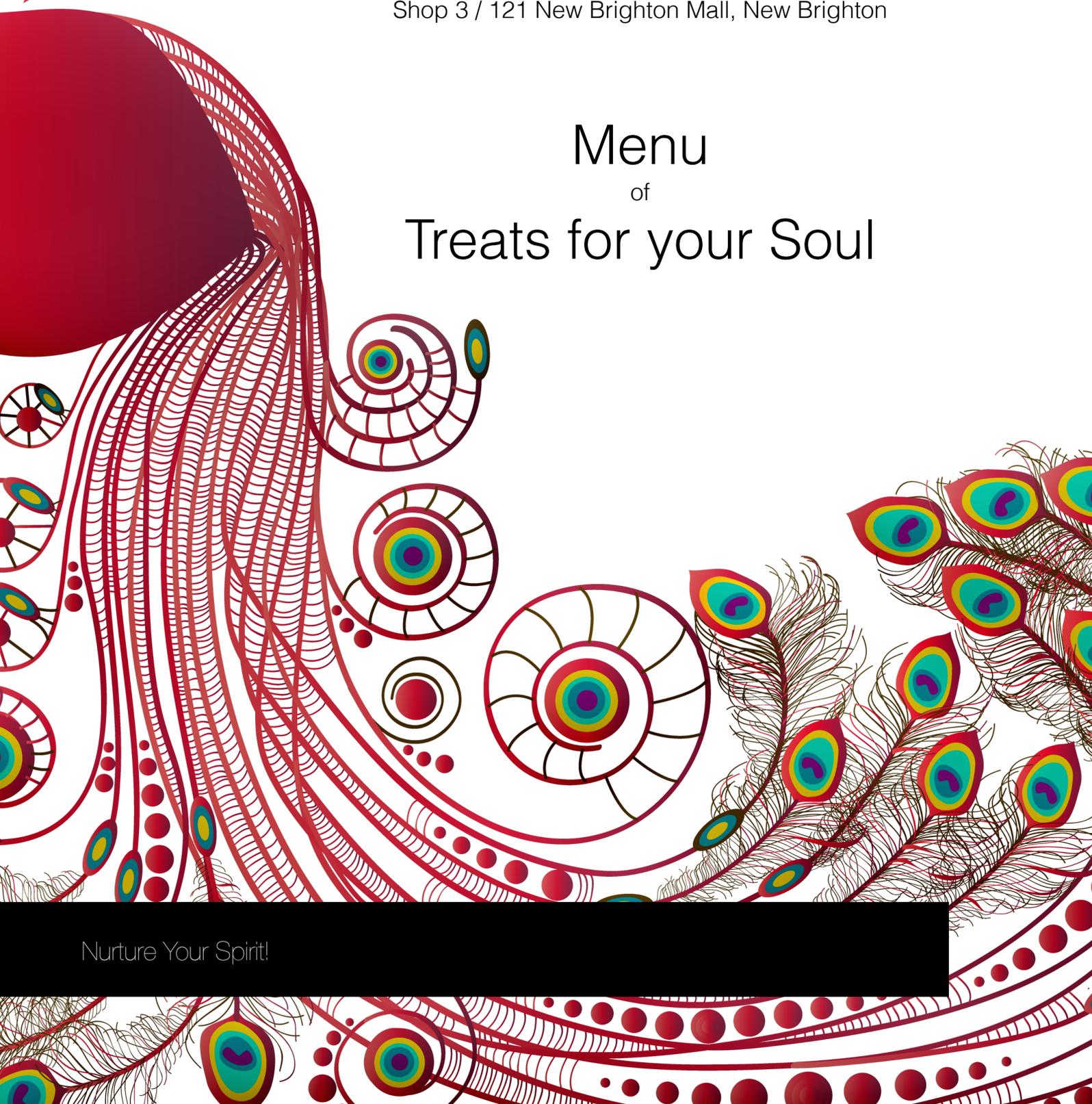
The
Peacock Dreaming
Studio

👁️ AROMATHERAPY 👁️ REMEDIAL MASSAGE 👁️ WELLBEING CONSULTANCY 👁️

PHONE 022 120 1853
WWW.THEPEACOCKDREAMINGBLOG.COM

Shop 3 / 121 New Brighton Mall, New Brighton

Menu
of
Treats for your Soul



Nurture Your Spirit!

About Anne McCormack

Anne McCormack first discovered her passion for Natural Therapies over 20 years ago. After being awarded a Diploma in Aromatherapy from NSW Academy of Clinical Aromatherapy and a Diploma in Remedial Massage with Nature Care College in Sydney, Anne worked in a number of successful healing clinics around Sydney.

As an Aromatherapist and Remedial Massage Therapist, Anne became aware of her ability to feel the pain and emotions of others. On mentioning this strange revelation to a medium, she visited Chatswood Spiritualist Church, where her own mediumship abilities began to flourish.

For a few years, Anne took time away from her spiritual work to pursue a successful career in project management. She rekindled her passion for healing facilitation while living in Nelson, where Anne became a regular Platform Psychic Medium for the Nelson Spiritualist Church and Lighthouse Nelson.

While having only recently moved to Christchurch, Anne is no stranger to Christchurch. For the past six months or so she'd been doing regular live psychic mediumship readings on the Facebook page of Leasa - Heart & Soul, the popular New Brighton-based shop that offers spiritual giftware and readings. She's also been developing her Lovitude Series Aromatherapy range at the Health & Wellbeing Expos held monthly at Heaton Intermediate.

Anne is the author of the award-winning book, *The Peacock Dreaming: The Wisdom of Flowers* and *Lovitude: Trying To Calm The Monkey Mind*. She's also been published in numerous magazines and blogs internationally.

An experienced facilitator, Anne has presented workshops and been a guest speaker for the New South Wales YWCA Encore Group for women coping with breast cancer. Anne has also conducted workshops on chakra and auric awareness for the Australian Acting Academy in Brisbane (Australia).

Anne's vision for The Peacock Dreaming Studio is that it inspires growth and healing for those choosing to incorporate her treatments and products into their self-care regimen. Furthermore, her intent is to inspire and motivate others to be the best version of themselves they could possibly be.

With a passion for self-development and the facilitation for healing within those around her, Anne is looking forward to providing you with a healing experience that is nurturing and transformative.



Diploma in Remedial Massage, Sydney's Nature Care College (1998)

Diploma of Aromatherapy, NSW Academy of Clinical Aromatherapy (1998)



“If you just allow your body and mind to rest, the healing will come by itself.”

Thich Nhat Hanh

Treatments



Aromatherapy Massage

30 minute Shoulder & Neck.....	\$40
1 hour.....	\$80
1.5 hours.....	\$100

Remedial Massage

30 minute Stress Buster Shoulder & Neck...\$30	
1 hour.....	\$70
1.5 hours.....	\$90

Aromatherapy Foot Spa & Massage

Includes 20 minute luxury aromatherapy foot spa, a 30 minute foot massage using Lovitude Series range of Aromatherapy products, & a take home foot bomb and coconut shea butter balm so you can continue the nurturing at home.....

Energy Healing

Similar to Reiki. Intuitive energy healing & chakra balancing.

30 minute.....	\$30
1 hour.....	\$60
1.5 hours.....	\$90

Access Bars

1 hour.....	\$70
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Psychic Mediumship

30 minute Reading.....	\$50
1 hour Reading & Healing Combo.....	\$80

Wellbeing Consultation

These sessions are customised to suit you.

Sessions may include some of the following: Psychic guidance, guided meditation, energy healing, motivational exercises, vibrational essences, goal setting, journaling lessons.

1 hour.....	\$60
1.5 hours.....	\$90

Guided Meditation

Personal 1:1 guided meditation sessions, customised specifically for you.

30 minutes.....	\$30
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Note: Refer below in Workshops section for group meditations

Custom Aromatherapy Consultation

Personalised aromatherapy blends made for your needs.

Consultation 30 minutes (Excludes the blend)	\$30
<i>Price for blend dependent on essential oils</i>	

Workshops



If any of the following workshops or group meditation sessions tickle your fancy, please enquire in-store.

The Art of Oracle Reading

Investment: \$125 per person

A one day workshop on oracle card reading especially for beginners.

By the end of this workshop, you will:

- *Understand how you can use oracle cards to tap into your own intuition*
- *Begin to trust what your intuition is telling you*
- *Learn to do simple card spreads to answer questions*
- *& much, much more*

Course fees will include course notes & your very own copy of Anne McCormack's Peacock Dreaming Oracle Deck & a copy of the award-winning Peacock Dreaming: The Wisdom of Flowers.

Aromatherapy Basics

Investment: \$150 per person

Are you interested in finding out more about how essential oils work & how they can be used to benefit your wellbeing?

Join Anne McCormack, a qualified Clinical Aromatherapist with over 20 years' experience to discover how aromatherapy can work for you.

By the end of this 4 week workshop, you will:

- *Understand what essential oils are*
- *How essential oils can be used*
- *The basic fundamentals of making your own blends*

Course fees will include course notes & your very own personalised blend that you will create in the workshop.

Beginner's Spiritual Development

Investment: \$25 per week per person

Learn how about your own psychic & mediumship abilities in this six week development circle. Classes will be held once a week for 2 hours a week for 6 weeks.

The Beginners Spiritual Development Circle is for you if you:

- *Are just starting on your spiritual path*
- *You are curious about your intuitive abilities & would like to develop them*
- *You are curious about the world of Spirit & how they communicate & would like to know more*

Household Aromatherapy

Investment: \$200 per person

A one day workshop introducing how you can make your own aromatherapy household products.

Some of the household products you may learn how to make during this workshop are include:

- *Simple household cleaners*
- *Laundry powder*
- *Floor and furniture polish*
- *Room sprays*
- *Deodourisers*

Course fees will include course notes & samples of your very own personalised household products that you will create in the workshop.

Inspired Writing Workshop

Investment: \$125 per person

This is a one day workshop for those who seek to express themselves but believe that they can't write.

So many of us limit ourselves with reasons why we can't write. "I can't do it". "I can't spell." "I've never been good at writing."

What if you could remove these blocks you place on yourself? What would truly be possible?

By the end of this workshop, with published Author & Psychic Medium, Anne McCormack you will:

- *Understand how you can overcome your writing blocks*
- *Gain confidence in your ability to be able to write*
- *Experience how you can access your intuition through writing*
- *Learn how you may access your channeled writing abilities*

Guided Mindfulness Meditation

Investment: \$10 per person

A 45 minute guided 'walking' meditation, guaranteed to focus your mind into the present.

This meditation is more about being at one with nature & meditating while moving.

This meditation is ideal for:

- *Anyone who has trouble meditating.*
- *Anyone who is challenged with slowing down.*
- *Anyone who is battling anxiety & depression.*
- *Anyone who has difficulty seeing the positive in their life.*

21 Days To Being

Investment: POA

During this 21 day odyssey you will experience many ways to develop a successful mindfulness practice. The ideal re-boot for those stuck in an emotional rut.

Just some of the benefits from participating in 21 Days To Being:

- *Your stress & anxiety levels will decrease.*
- *You will become more attuned to your body, how it feels, & what it is asking you for.*
- *Your head & your breathing will calm down.*
- *An ability to notice the abundance of beautiful blessings in your day.*
- *You will start valuing you more.*
- *Make mindful choices that nurture you more.*

What will I learn on the 21 Days To Being online course?

- *You will acquire an understanding of mindfulness.*
- *How focussing on your breath can help you.*
- *Walking meditation.*
- *Exercises for eating mindfully.*
- *The potency of journalling.*
- *How to use oracle cards or flowers to bring yourself into mindfulness.*
- *The ways nature can bring you into mindfulness.*
- *How exercise can help with mindfulness.*
- *The potency of your thoughts.*
- *How photography helps mindfulness.*
- *Creative writing*
- *The power of laughter.*
- *The healing powers of water.*
- *What does your body want?*
- *Aromatherapy tips & tricks*
- *How to adapt your new mindfulness practices to your work environment.*
- *How mindfulness helps with problem solving.*
- *Courageous communication.*
- *How to determine whether a problem is yours or whether it belongs to someone else & what to do.*

Spiritual Awakening Through Vibrational Healing

Investment: POA

In choosing to participate in this 8 week course, you are choosing to commence your onward (and inward) journey towards healing yourself & facilitating the healing of others.

This journey is not about learning concepts & techniques through a "rope learning" technique. It is about learning to find your own way through your own experiences.

It is about how you experience energy, colour, crystals, your chakras & the structure of your aura. In learning to trust how you feel & function, you tap into a powerful source within you that may assist you in taking a bird's eye view of the world around you & what you contribute to it.

As a part of this journey, you will learn about vibrational aromatherapy, crystals, colour & vibrational essences, Chakras, Auras & Meditation.

By the end of the eight weeks you will be able:

- *Begin to see & feel your auric body*
- *Understand more clearly your personal issues relating to the Chakras*
- *Apply meditative techniques to work through blockages*
- *Understand the physical manifestations of blockages in Chakras*
- *Apply vibrational aromatherapy, crystal healing & vibrational essence knowledge*

To make your appointment

or

to find out more about the workshops,

Phone 022 120 1853

or

email admin@thepeacockdreamingblog.com

Products



The following products are available for purchase at The Peacock Dreaming Studio.

- *Peacock Dreaming: The Wisdom of Flowers*
- *Lovitude: Trying To Calm The Monkey Mind*
- *The Peacock Dreaming Oracle Deck*
- *Lovitude Series Aromatherapy Range which includes:*
 - *Pulse point blends*
 - *Body Balms*
 - *Plant-based deodorants*
 - *Bath Bombs*
 - *Soaps*
 - *Sprays*



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