

Responding to treatments-

- Depression/Anxiety
- Performance Enhancement
- Fears/Phobias
- Allergies
- Viruses/"unidentified illness"
- Pain/Injuries
- Cancer patients
- Endocrine Disorders
- Asthma
- Digestive Disorders

Testimonials;

- "Anna's knowledge in the area of spiritual & personal development is second to none. I have had the pleasure of observing her work with people in many different situations where she had lead them to the best ecological result. I would highly recommend Anna" Moira Geary
- "Anna's approach to alternative healing techniques is professional, efficient & diligent. It is distinguished by her dedication to educating clients to govern their own well-being, independently" Sinead Deignan



Our Mission; To bridge the gap between our Western Medical system and Ancient Wisdoms to create a Holistic Healthcare System suitable for the 21st

Anna Gibson-Steel

Founder

Harmony Holistic Therapies &
Holistic Centre Of Excellence

Bridging the old and the new!



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Anna Gibson-Steel

Qualifications:

- Reiki Master Teacher
- Certified Bodytalk Practitioner
- Master Practitioner Neuro-Linguistic Program
- Ayurvedic Bodyworks
- ITEC Holistic Massage
- CIBTEC
- Reiki Tummo Mastery level
- Indian Head Massage
- Hot Stone Massage
- Counseling & Psychotherapy foundation course
- Hypnotic Practitioner
- Advisory Panel member of ARCHTI
- Shirodhara
- ATMA therapy
- Thermo-auricular Therapy



About Anna-

In 2004 Anna founded Harmony Holistic Therapies under whose umbrella, she has qualified over 400 students, given countless public educational lectures, over 100 non-profit charity events where Holistic Therapies were showcased. Her mission is to bridge the gap between ancient healing wisdom and modern medicine in order to provide Holistic Healthcare for the 21st century. She has also co-ordinated over 50 training courses for expert trainers in specific areas of Holistic Health. As part of her on-going education of the public and therapists alike she publishes a blog weekly with updates on developments in the field of Holistic Healthcare, to receive this info please **Sign up to the Free online newsletter:**

www.annagibsonsteel.com

2010 saw the foundation of the first Holistic Centre of Excellence in Ireland by Anna, this exciting development will allow full-time students a unique opportunity to train as Holistic Therapists.

Meanwhile she also is passionate about treating her private clients at her centre in Murroe, as well as regular clinic days in Dublin & Cork. To view some of what clients have written about Anna visit www.hhts.ie

What does a treatment entail?

For your first visit we will take all your details and fully explain how the treatment process works, we will answer any questions you may have. For the treatment we will ensure that you are comfortable, you will remain fully clothed, with just your shoes off, covered with a blanket for comfort. The duration of the treatment usually takes around 1 hour, during which time you will totally relax, occasionally clients fall asleep!

With the various trainings Anna has, it really depends on the clients needs as to which methods she may use, but they are all totally non-invasive and relaxing, yet with profound results.

Client Testimonial;

"I have had 2 treatments to date and I feel great. I am off the cigarettes for a week now, and feel strong & positive about the coming year. I can't put my finger on it but something big has changed for me."

Fiona G.