

Sarah Walker trained in Massage, Reflexology and Shiatsu in London, England, in the mid-nineties. Her psychic and intuitive abilities blossomed as her consciousness evolved and she integrated her divine, or spiritual, nature into her physical being. In 2007, Sarah attained her Professional Yoga Teacher Certificate. This was a natural progression for her, having enjoyed the benefits of yoga since the age of 12. Sarah now offers treatments, courses and classes in Stirling, Crafers West, and Bridgewater, in the Adelaide Hills.

Sarah does not claim to heal; instead, she describes herself as a teacher, therapist, and psychic interpreter, who finds joy and great honour in being able to assist in bringing greater clarity, balance, light, and unconditional love to those around her.



## *Treatments Available*

### *Psychic Counselling*

Psychic Counselling is a form of counselling that can bring you greater clarity into relevant issues in your life through incorporating information that comes in through the psychic senses. During a session, Sarah is able to psychically see, hear, feel and have a pure knowing of the 'greater' truth of what her client is experiencing. She will then relay, or interpret, this information back to the client. In this way, the client will receive insights and understandings about situations and events in their life, as well as the ways in which these are affecting them. As a result of this new awareness, the issue at hand can be released, enabling the client to attain greater balance, clarity and comfort in their life.

### *Intuitive Massage*

During an Intuitive Massage treatment, you will receive all the benefits of regular massage techniques and aromatherapy oils, combined with the benefit of intuitive sensitivity. This allows each treatment to unfold in a natural, progressive way. Old restrictions are released, allowing the body to regain balance, and bringing greater clarity to the mind.

### *Remedial Massage*

Remedial Massage is excellent for bringing comfort to sore muscles, thereby increasing blood-flow, and encouraging the natural healing response within the body. Essential oils are used to increase the beneficial effects on body, mind and spirit. Treatments work towards the optimum release of constrictions that cause distortions in the delicate fluid and energy balances of the body.

### *Reflexology*

Reflexology is a powerful therapy that benefits the whole person by stimulating reflex points on the feet, and occasionally hands. This releases deep-seated tension, enabling the body to work more efficiently and smoothly, bringing greater relaxation, increasing resistance to stress, and balancing the systems of the body.

### *Shiatsu*

Shiatsu is a form of oriental massage that is based on Traditional Chinese Medicine. It balances mind, emotions and spirit through gentle passive movements, pressure point activation, and massaging the meridians, or energy channels, as appropriate. Shiatsu is performed on a soft futon at floor level, and the client remains fully clothed.

All treatments are tailored to your particular needs, thereby bringing greater harmony to mind, body and spirit.

All psychic and intuitive guidance is offered with the highest levels of integrity, honour and compassion. The client will often find that the insights bring greater understanding of life's situations, leading to increased peace of mind.

It is beneficial to follow up your treatment by drinking plenty of tepid water, to help flush toxins from the body. If you received massage with essential oils, it is a good idea to leave the oils on the body for at least an hour, to allow the essential oils to bring greatest benefit to the body and senses. When receiving a shiatsu treatment it is best to wear loose, comfortable, preferably cotton clothing. This allows you to receive optimum benefits from the treatment.

Sarah is registered with the Australian Traditional Medicine Society (ATMS), which means that health fund rebates may be available with some health funds.

## *Sarah Walker* *New Energy Creator*

- ❖ *Angel Card Readings* ❖
- ❖ *Chakra & Aura Balancing* ❖
- ❖ *Channelling* ❖
- ❖ *Psychic Counselling* ❖
- ❖ *Remedial Massage* ❖
- ❖ *Reflexology* ❖
- ❖ *Shiatsu* ❖
- ❖ *Yoga* ❖

*Sarah also runs courses on a variety of subjects including developing your psychic abilities, meditation groups, channelling, and yoga classes.*

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## *Sarah Walker*

*New Energy Creator*  
*ESS Dip, ITEC Cert, CLSR Cert,*  
*ATMS No 5170*



*Psychic Counselling*



*Intuitive Massage*  
*Remedial Massage*  
*Reflexology*  
*Shiatsu*



*Yoga*



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