

**GLOBAL PA TRAINING
HOLISTIC WORKSHOP
Saturday 20th November**

**Grand Hotel, Eastbourne
1100 – 1630**

The Global PA Network is delighted to invite you to attend a **holistic workshop** that will balance the mental, emotional, physical and spiritual aspects of your life, assist you in discovering your purpose in life, teach you how to **work with the 7 major energy Chakras** for health and wellbeing. We will also explore the **benefits of Reiki healing** and take you on a **guided meditation and relaxation** session.

The workshop will be hosted by **Rosemary Parr and Diana Summer**. Both Diana and Rosemary are Reiki Teachers with over 20 years experience between them in the healing arts. Diana is also a Shamanic Practitioner and clairvoyant who has conducted many workshops in the UK on bringing the elements of a holistic way of living into your daily life to create balance.

We are delighted to be working in conjunction with the **Grand Hotel, Eastbourne** on this fabulous and inspiring day. The **Grand Hotel** is one of the UK's most magnificent Victorian hotels. Affectionately known as 'The White Palace', the Grand Hotel is a **luxury, 5-star hotel** with 152 rooms, many overlooking the sea. The composer Debussy completed his symphony 'La Mer' here in 1905, the BBC Palm Court Orchestra used to broadcast live from the Great Hall every Sunday night and Dennis Potter's 'Cream in My Coffee' was filmed here. Situated on the seafront at Eastbourne, it dominates the shoreline and enjoys a stunning outlook over the sea and, to the right, the cliffs at Beachy Head. Built in 1875, it has welcomed many of the great and the good over the years including Winston Churchill, Charlie Chaplin and Elgar.

Today, the Grand Hotel has been sympathetically restored to meet 21st century requirements and is an ideal base from which to explore Sussex or simply enjoy the excellent leisure facilities on site. These include **indoor and outdoor swimming pools, health spa, well-equipped gym, sauna and steam room**.

The cost for the day will include all refreshments and an excellent buffet lunch will be provided. The Grand Hotel will be hosting an afternoon tea and tour of the hotel at the end of the workshop.

Bring your partner and stay overnight at the special rate of a **double room for £100 including breakfast** and enjoy a revitalising weekend by the sea.

Cost of the Workshop: £45.99 for Platinum & Silver Members. £59.99 for Bronze and non-members. Book via our website at www.globalpanetwork.com or email enquiries@globalpanetwork.com.

Special Offer: Join as a Platinum or Silver Member for half price when you book. Platinum membership reduced from £85 to £42.50 & Silver from £65 to £32.50

Book your train fare to Eastbourne in advance on Trainline and only pay £7.50 return!