



Flow, Flame & Sanctuary

*Introducing a series of collaborative holistic health workshops
with Carrie (Moonwater Rising), Liz (Rekindle), and Mandy
(The Haven)*

FLOW

Carrie brings an intuitive approach to her work with herbs, flower essences and wellness practices such as journalling and circle work. She is the founder of holistic shop Moonwater Crystal, and more recently her new business Moonwater Rising, focused on intuitive self development, holistic health and spiritual growth.

FLAME

With over 30 years nursing experience, and more recently through her own healing journey, Liz has realised the positive impact of holistic therapies on physical and mental health. She specialises in reflexology, mindfulness and breathwork.

SANCTUARY

Mandy is a former SEN teacher with a passion for using essential oils for wellbeing and natural healing. She opened The Haven in 2023 as a safe space for workshops, advice and shopping organic natural remedies.

Current Workshops

When was the last time you had a great night's sleep?

Join us for an immersive experience that will guide you in creating a deeply restorative evening ritual—designed to calm, release the day, and invite in truly nourishing sleep.

FLOW

Explore the gentle power of herbs and flower essences with Carrie. Create your own personalised bedtime blend to support your unique rhythm and nervous system and help you get a good nights sleep.

FLAME

Liz understands how poor sleep can impact every aspect of life, from energy levels and mood to overall health. She'll share insights, simple strategies, and supportive guidance to help you achieve a more restful, restorative sleep, using reflexology,

mindfulness and breathwork.

SANCTUARY

Mandy will help us understand how our nervous systems affect sleep and how we can use essential oils to create a physical, mental and emotional safe space.

Workshops can be held throughout Northern Ireland - get in touch for more information on pricing or to discuss your group's requirements