

## Cheryl Adams M.Ed RCC

### Family Therapist

*Counselling is a means of accessing the wisdom that is inherent in your soul.*

A Holistic Journey mind/body spirit/social **250-818-3763**



[www.cascadiaclinic.com](http://www.cascadiaclinic.com)

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## Counselling - Family and Individual

VICTORIA/LANGFORD

Cheryl Adams Counselling M.Ed RCC  
250-818-3763 [chera@shaw.ca](mailto:chera@shaw.ca) ad pg. 8

## Craniosacral Therapy

*A gentle hands-on method of evaluating the functioning of a physiological body system called the craniosacral system. Practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.*

NANAIMO/PARKSVILLE

Integrative Health Solutions Lily Dawn  
Robertson V9V 1R6 250-390-3777, 1-877-741-2443, 250-951-0882 [lilydawn@island.net](mailto:lilydawn@island.net)

VICTORIA



370-1380  
Victoria

Julia Day CAEH, MMS, CST

- Certified CranioSacral Therapist
- Spiritual Counsellor
- Advanced Energy Healer/Teacher

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[www.iahp.com/julia-day](http://www.iahp.com/julia-day)

## Credit Counselling

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## Crystal Bowls

also see Singing Bowls

*Musical bowls made up of crushed quartz crystal that resonate to different musical notes associated with the chakra system. Used for vibrational healing.*

NANAIMO

Sound Transformations Lora Teuschler 250-714-8358 [lora@soundtransformations.com](mailto:lora@soundtransformations.com)  
[www.soundtransformations.com](http://www.soundtransformations.com)

## Crystal Readings

NANAIMO

The Grand Council of Light 250-754-9667  
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VANCOUVER ISLAND

Mikeoula 250-802-3411 ad pg. 22

## Crystals & Minerals

CHEMAINUS

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COURTENAY

Eagle Gem & Gifts Ltd. #102- 2270 Cliffe Ave.  
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Instincts Art & Gifts 622 View Street  
250-388-5033 ad pg. 7

## Day Spa

VICTORIA

Sapphire Day Spa 714 View St. 250-385-6676  
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## Debt Services

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## Detoxification

*Detoxification helps to rid the body of chemicals and pollutants that undermine health and assists the body in returning to optimum health.*

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Hart 'n Soul

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