

# MASTER ENERGY HEALER® ANNA KITNEY AND COACH LYDS LEAD LONDON INTO A EMPOWERING EVENING OF MEDITATION

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UK's leading Master Energy Healer, Anna Kitney (<http://www.bourgeon.co.uk>) and Advanced Theta Healing® Practitioner Confidence Coach, Lydia Frempong (<http://www.coachlyds.com>) unite London to deliver an empowering evening of meditation using Theta Healing®. An energy healing modality which releases the mind of limiting beliefs surrounding Love, Sex, Money, Career Health and so much more.

The evening, aimed at a wide-range of London professionals, will serve as a mid-week boost for the body, mind and soul. For those looking to escape the pressures of life will have the opportunity to enter into a sanctuary of calm and enlightenment. Anna Kitney (<http://www.bourgeon.co.uk>) will lead and teach the Theta Healing Meditation to help participants to heal themselves on a physical, spiritual and emotional level.

Anna says "If you have never meditated or think you can't, then come along to find out how simple it can be", "The benefits of meditation are profound and cumulative, bringing you more clarity, inner peace, focus and direction".

Coach Lyds (<http://coachlyds.com>) will combine her empowering coaching principals for success and the Theta Healing® technique to powerfully lead a guided meditation to assist the releasing of past hurts and provide and a way forward vision and focus.

Coach Lyds (<http://www.coachlyds.com>) motto, "Tell me where you want to go and together we will get you there" is a forward thinking mindset that will lead participants towards achieving their dreams and desires.

"We live in a fast paced society and need to slow down, take time out to reflect" says Coach Lyds. "This is a quality evening for our guests to come together with and restore and revitalise their mind and release those inner frustrations that may be holding them back" "A chance to focus and clear the mind"

The event will be taking place on Wednesday 24th June 2015 at The Columbia Hotel (<http://www.columbiahotel.co.uk>) Lancaster Gate, W2 3NS. The 90 minute meditation session will begin at 8pm. Online booking costs £12 per person or £18 for two. Tickets will be available on the night at the door starting from £18.

For bookings and more information about Theta Healing and the event, please visit: Meditation Event (<http://www.coachlyds.com/speaking-engagements/events>)

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For more information about the workshop and interviews contact:

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

Coach Lyds (<http://twitter.com/coachlyds>)

Anna Kitney (<http://twitter.com/annakitney>)

Note to Editors

About Anna Kitney

Anna Kitney is the UK's leading Master ThetaHealer® and Founder of Bourgeon, a holistic training organisation which offers Accredited and Certified ThetaHealing® Courses in London, and worldwide, as well as ThetaHealing® Sessions for individuals. Anna is UK based teaching international students ThetaHealing®, providing intuitive readings, therapy, coaching, house clearing and private ThetaHealing® sessions.

Anna's journey began with research and training of nutrition and wellness through effective and powerful supplementation over 10 years ago. Which has now grown and developed to combine spiritual and energy healing. Anna is a wife, a mother who divides her time between a series of entrepreneurial ventures.

Anna has attended countless seminars over the last 20 years in the area of personal development, wealth creation and holistic health. She was mentored by renowned International Speaker and Life Coach John Kanary for 2 years in the area of personal development and growth.

A natural intuitive, driven by her passions in seeing clients and students grow and flourish physically, emotionally and spiritually. Anna believes that the greatest gift is to be able to help another person achieve their goals, dreams and desires.

About Coach Lyds

Coach Lyds is a highly sought after Coach, PR Professional and Theta Healing® Practitioner with over 20 years' experience in the media and personal development industry.

Coach Lyds understands too well what it feels like to overcome issues of inner confidence and self esteem. In her youth she experienced bereavement and bullying, resulting in a loss of self belief. She made an effort to rebuild her life again through counselling, coaching and personal development. These therapies supported her rebirth, learning and development, enabling her to regain confidence and purpose.

Coach Lyds' greatest passion is people, her mission is to empower her clients towards a life where they can reach their highest potential and self worth. She focuses on giving people the psychological tools necessary for a mindset for growth and success. She has an ability to transform her clients from the inside out, guiding them towards a life of wellbeing and balance, earning her respect across the personal development industry.

In 2011, she was awarded with the 'Leadership in the Workplace' Precious Award sponsored by Business In The Community, and recently became a Patron of Show Racism the Red Card, a high-profile educational charity, in recognition of her outstanding achievements in raising awareness of their equality campaign.

Coach Lyds has collaborated with Entrepreneurs, Celebrities and Industry professionals unlocking their lives on a professional and personal level.

Coach Lyds motto is "Tell me where you want to go and together we will get you there"