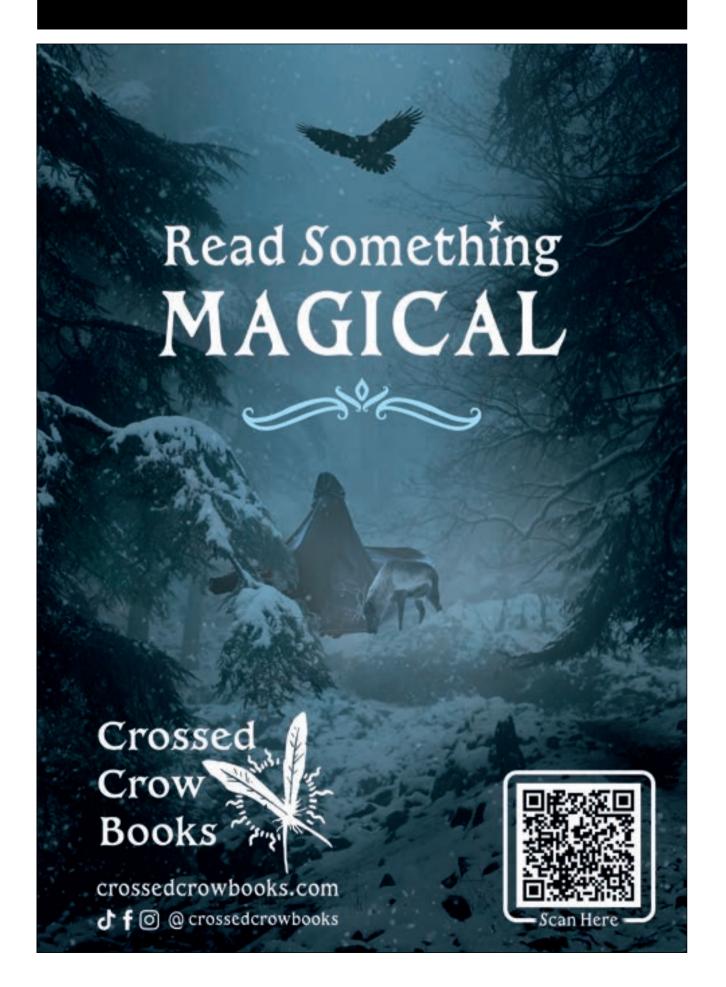
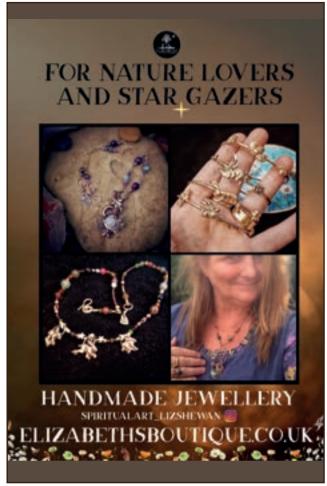
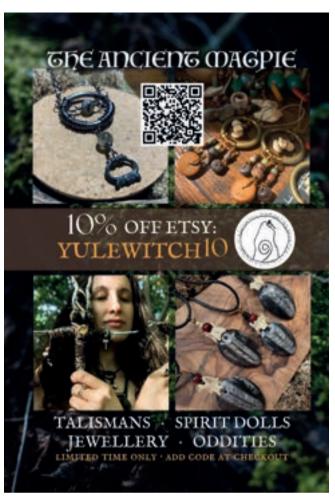
witches noticeboard

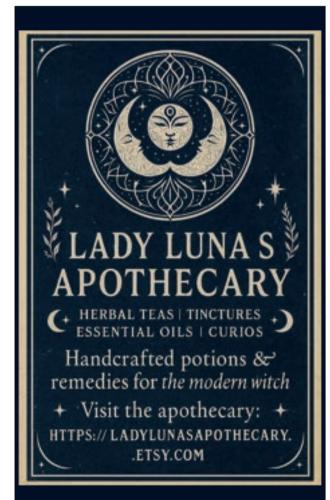




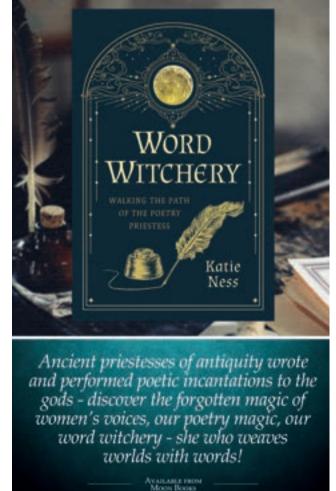




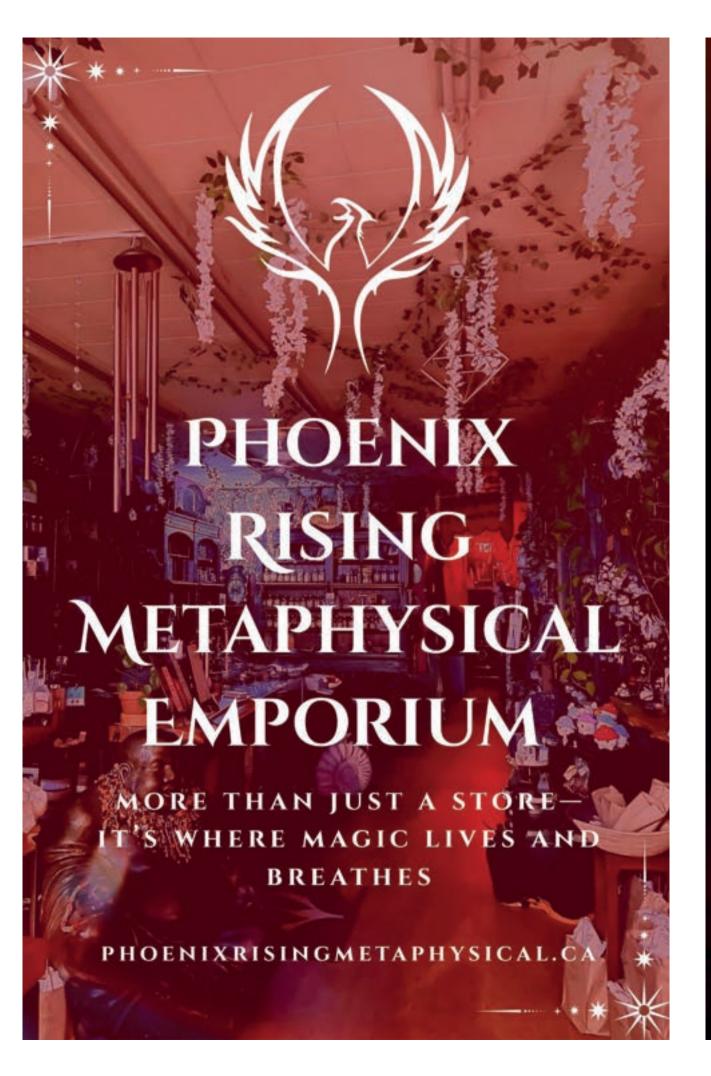


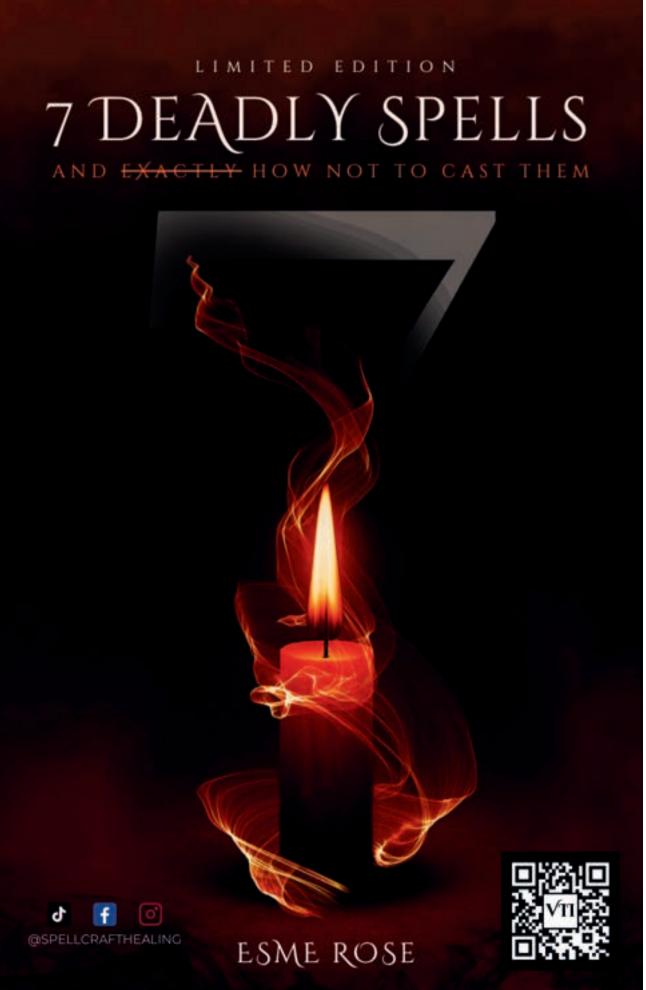


















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I'm Andrea, and I invite you to discover the limitless power within you. Through the sacred art of hypnotherapy, you'll awaken your highest potential, and align you with your divine purpose. Are you ready to step into the most radiant version of yourself?

Let's begin!



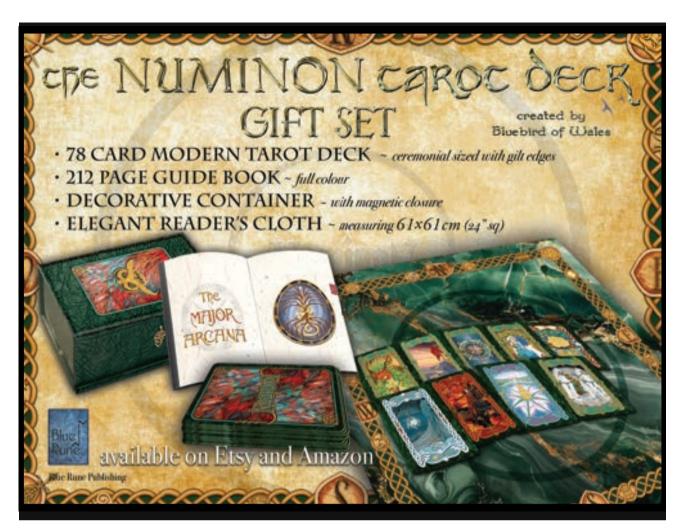
*Stress Relief
*Pain Management
*Boost Confidence
*Better Sleep
*Overcome Fears and
Phobias
*Break Habits
*Goal Achievement

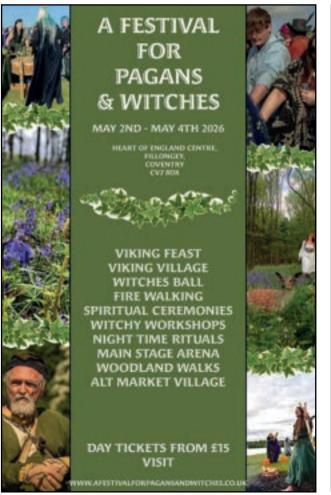
DISCOVER ALL MY OFFERINGS FOR YOU HERE

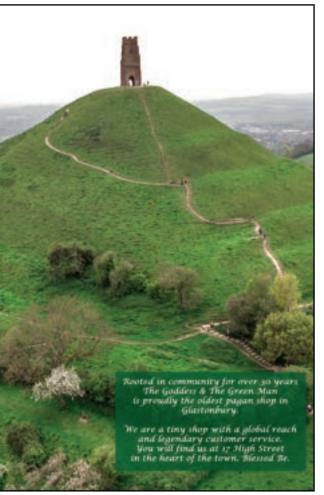
W W W . A N D R E A H Y P N O . C O M





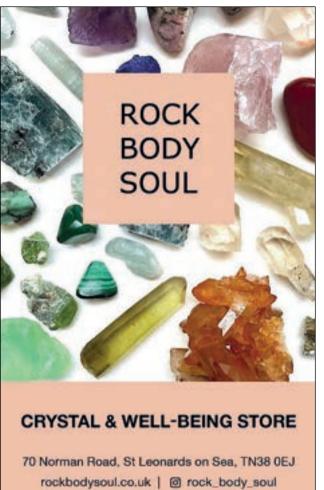


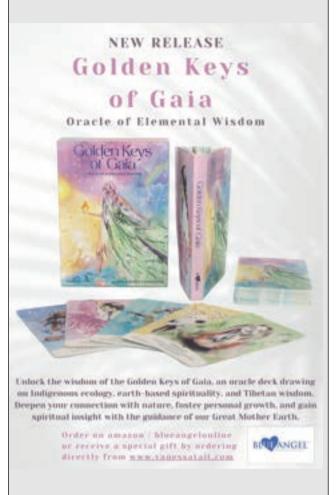












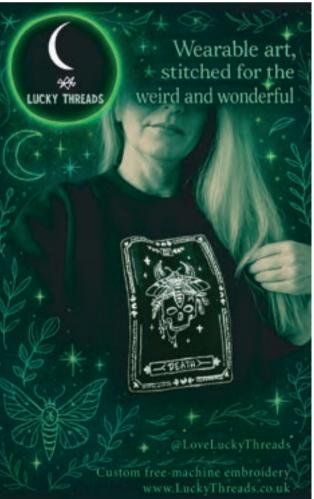




The Dorset Pedlar, 54 South Street,

Bridport, Dorset, DG6 3NN













Unit 3.2b

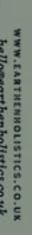
Maws Craft Centre Jackfield. Telford TFS 7LS

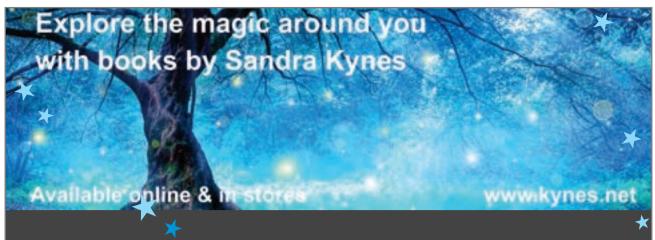




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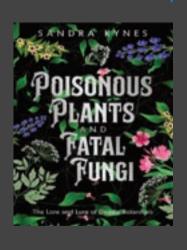


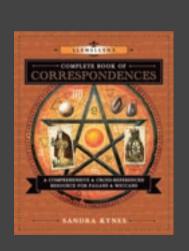


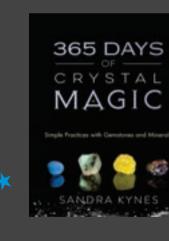


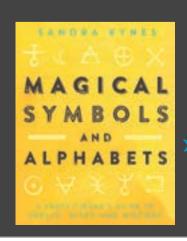










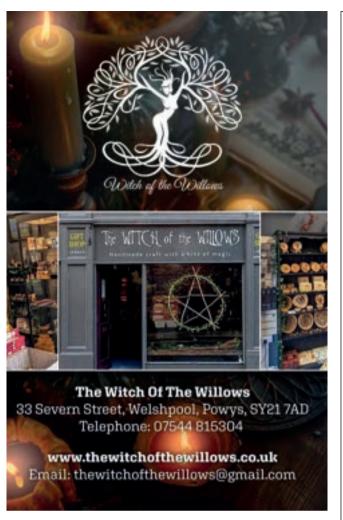














COLOURING MEDITATION

I am Claire, an artist and art mindfulness facilitator, and I invite you to join me in this Yule-inspired colouring meditation. As we move through the darkest nights toward the rebirth of the sun, this practice offers a moment to pause, reflect, and connect. You will follow my guide as you colour, letting the rhythm of pencil to paper become a gentle meditation. The image to colour is on the back page of the Witches Noticeboard.

Evergreen Tree – Find the Yule trees. As you colour each branch, imagine its deep green needles filling your lungs with the scent of pine. Breathe in... and out... slowly. Let the cool winter air awaken your senses. Feel yourself grounded like the tree, strong in the earth, yet reaching toward the returning light.

Candles – Colour the flames of the candles glowing bright. As you do, imagine their golden light warming your face. Each flame is a promise of renewal, a spark of hope in the darkness. With every stroke, invite that light into your heart.

Holly and Ivy – Notice the sharp holly leaves and soft winding ivy. As you bring them to life with colour, reflect on balance: strength and softness, endurance and grace. Whisper a blessing for resilience as the year turns.

Snowflakes – Find the snowflakes scattered across the page. Colour them gently, each one unique. As you do, imagine yourself walking across a snowy landscape, hearing only the crunch beneath your feet. Breathe in the stillness. Let peace settle over you like fresh snowfall.

Stars – When you reach the stars, colour them silver or gold. Imagine the night sky above you, vast and sparkling. Each star holds a wish, each glimmer a reminder that light always returns after darkness.

Stag – As you colour the stag tarot card, feel its power and majesty. Strong yet gentle, it leads us through the forest toward a new dawn. Hold an image in your mind of what you wish to manifest in the

coming year, bold, clear, and shining.

When your picture is complete, place it on your altar, or share it with me at Claire Valentine Art.

And if you'd like to try another, scan the QR code and join me in my Magic Circle



