



"Discovering  
awareness  
through  
whole body  
healing"

## About PMHC

Meet Audrey Walker! Founder of **Peaceful Minds Holistic Centre, Certified Myomassologist Practitioner** and **Teacher, Reiki Master Teacher** and **Clinical Herbal Practitioner**. Since 2013, she's transformed all of her life work to manifest her dream of helping others.

After years of hard work, she has created a plan to help others "rebuild the foundation of their lives".

At PMHC, we prioritize the client's journey to becoming aware of their whole body and how to begin healing. With the help of multiple modalities, we help them learn to understand what nourishes their body and what harbours within it.



## PMHC's Student Information Pamphlet

If you have a dream of helping  
people, start here!

## Join today!



519-982-3665



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IN AFFILIATION WITH AROMATICA

# PMHC Student Programs

## 01 | MYOMASSOLOGY *\$11,997*

Includes the following courses:

- Swedish Massage
- Pregnancy Massage
- Reflexology
- Indian Head Massage
- Contraction & Release Therapy
- Chinese Fire Cupping
- Tui Na
- Cranial Sacral Therapy

SEE MYOMASSOLOGY  
PAMPHLET FOR MORE  
INFORMATION

## 02 | REFLEXOLOGY *\$1200*

A stand alone course that focuses solely on reflex points of the feet.

## 03 | INDIAN HEAD MASSAGE *\$500*

A stand alone course focusing solely on tension release of the upper body and head for relaxation.



# Why Choose PMHC?

With the experience and knowledge in multiple modalities, training with PMHC is specific and resourceful.

You'll finish your program of choice feeling confident in your abilities. Join today and become part of a community that works collaboratively to find pain relief management for our clients.



"She is very talented at what she does. Very knowledgeable about the body. Also very passionate about her job. She has helped me so much. She is a 5 star plus."

*-Mark (via Facebook)*



"I always look forward for my next massage, I know that after every one of my sessions I feel a lot better than when I started. I'm very grateful I found someone who helps me with my aches and pains."

*- Vince (via Square App)*