



JANE CAMPBELL

Jane is a Complementary Therapist with over 20 years experience in Health and Wellness. Before her journey into all things holistic, she worked as a Secretary to senior management in a government agency for 25 years.

Like many therapists she became involved in healing modalities after a prolonged period of ill health and burnout. Jane now runs Jane Campbell Complementary Therapies full-time from her treatment room in Dingwall, where she works 1:1 with clients using all the therapies she has studied over the last 22 years; including Reiki, Reflexology (feet, ears, face and hands), Reflexology

Lymph Drainage, Menopause Reflexology, Massage, Hot Stone Massage, Indian Head Massage, Zone Face Lift and Facial Gua Sha. She also runs various therapy workshops over the winter months, and the latest one was creating your own Facial Oil and how to use your Facial Gua Sha tool. You can sign up to her [monthly newsletter](#) to find out about future workshops.

Jane became a 200 hour Seasonal Yoga Teacher in 2022 and qualified in Advanced Yoga Philosophy and Meditation 18 months later. She runs Finding Your Balance yoga, meditation and breathwork workshops and you can read more about her yoga journey [here](#).

She has a passion in sharing her knowledge and helping clients to find joy and peace in their journey to health and healing.

When Jane isn't working (*is it really classed as work if you love what you do?*) you will find her wild swimming, hugging a tree, drinking coffee or walking her dog.

Link to [Jane Campbell Complementary Therapies website](#) and [Yoga Workshops](#) information.

I look forward to meeting you.

Jane

JAN BARCLAY

Jan has run her own business Rejuvenate Your Mind based in Inverness in the Highlands of Scotland since 2014.

She is currently qualified as a Meditation & Mindfulness Teacher, a Reiki Master/Teacher, an Advanced Clinical Hypnotherapist and a Sound Practitioner. She holds PVG's for working with children and adults.

After she suffered a nervous breakdown 25 years ago, she was signed off work and on 27 tablets a day. Looking to see how she could help herself, she went to a retreat just outside Devon and stayed there for 6 weeks. It was a totally restorative time and it was there I learnt Meditation and Sati, (which is now referred to as Mindfulness) - being in the moment. I came home qualified as a Meditation Teacher and with coping strategies to enable me to return to work and live my life.



I used the techniques I learnt and was able to reduce my medication to just 1 tablet a day. Delighted with this result, I continued to these techniques in my daily life and shared it with my family and friends. I left the finance industry in 2006 and took up a few local temporary management jobs for 2 years but knew that was not for me. Prior to leaving my job, I had been receiving Reiki on a fortnightly basis from a friend and I just loved it. So I decided to look into it further and after completing my full training and studies I became a Reiki Master Teacher on 10/10/ 2010. I started my own business in 2014.

I had continued my Meditation Classes in my home but after starting my business, I moved to Balloch Village Hall in 2017, where I have been doing regular Meditation Classes ever since. As I had been doing my meditations I had quickly become aware of the power of my words and voice; so in 2016 I studied Clinical Hypnotherapy and completed my course in March 2018 by becoming an Advanced Clinical Hypnotherapist, so that I could help people heal within their own mind.

I also found that my energies were being heightened and I went to a Spiritual Retreat in rural Aberdeen in 2016 where I was introduced into the healing energies of a Sound Bath. That was me hooked. I was offered to opportunity to learn all the different elements and I signed up and completed the course in November 2018 when I became a qualified Sound Practitioner.

During these past years, I have continued my training with each therapy (my CPD) to keep my skills up to date and relevant with new advances within each one.

During COVID I continued my courses online and worked with Early Years Scotland, with meditation and mindfulness classes for the teachers and lecturers.

I make bespoke packages for my clients for their specific needs. In my spare time I also volunteer for Inverness Hospital Radio as a presenter on a Thursday night. I've recently become a Be The Change, Community Champion for Mikeysline.

I look forward to working with you.

Jan

Information on Jan's Sound Bath

A Sound Bath is a mediative practice that is used to help to reduce stress in both your mind and body. Sound Baths are an ancient practice designed to bring deep states of relaxation and meditation. The Australian Aboriginal tribes used the didgeridoo for over 40,000 years as a sound healing instrument. The vibrations of each instrument flows through the room, causing a bath of waves to flow in and around your body.

I use a variety of instruments, including Tibetan singing bowls, crystal bowls, gongs, chimes and my voice, to create a landscape of sound that gently washes over you. The instruments each offer unique healing frequencies. I blend them together in a way to bring deep relaxation and peace to each participant. Sound Baths are done in a quiet room, with dim lighting and no distractions, which helps you to relax and feel totally immersed in the serene atmosphere.

Some of the other benefits that have been reported to me include: inducing sleep, deepening your body's relaxation and aiding pain relief. It also aids mental clarity, helps with depression, anxiety and fatigue. Bringing your body into a wonderful sense of calm and tranquility. As your mind and body relaxes, your heart rate reduces and that can reduce your blood pressure, allowing your blood to gently flow through your body, which can lead to deep healing within yourself. For those that are spiritual, it can also increase your spiritual development.

After the sound bath, I will gently guide you to awaken from your deeply relaxed state. You will reconnect to your body and be invited to gently stretch and move your arms and legs. You will be guided to take your time and to do this in a slow restful manner. Once you feel ready, you will be asked to slowly sit up, and then sip your water.