

# Frequently Asked Questions

## **1. *Are the Workshops really free?***

Yes! You pay absolutely nothing. For those who want to take Homeopathy further we have books and remedies available for purchase but the main purpose of each Workshop is to increase awareness about homeopathy. We also want you to feel completely comfortable about not spending a cent when you come to our workshops.

## **2. *Why would somebody offer something like this?***

We would like to see Homeopathy used more widely and believe that education is far the best form of advertising.

## **3. *What times do the Workshops run?***

You can choose from three different times each week.

*Friday:* 9.30am-11.30am, or, 12.30pm-2.30pm, or,

*Saturday:* 9.30am-11.30am.

## **4. *Can I book into one Workshop or do I have to do the three?***

You can do one or all. We strongly suggest that you attend Workshop 1 though as it contains information that will help you understand the material in the following two Workshops. Many who do only one Workshop choose to pick up the missing ones when the workshops next run.

## **5. *I am a practitioner of another therapy. Can I do the Workshops and will they be helpful to me?***

Of course you can! Therapists from many different modalities have attended the Workshops and have enjoyed them enormously. See *Point 6* for what you will learn.

## **6. *What will I learn and what will I be able to do at the end of the Workshops?***

First, you will learn what Homeopathy is, how it works, and what it can be used for. Second, you will learn how, with a little practice, you can use homeopathy to treat simple traumas and acute conditions for self and family. Third, you will learn when professional treatment by a homeopath is better than self-treatment, and what professional treatment entails.

## **7. *I am nervous in new groups. Will I be expected to talk in front of other people?***

Sit back and relax or join in – it's up to you. The Workshops have been specifically designed so all can take part at a level they feel comfortable. Nothing is expected of you.

## **8. *Can my children come?***

Babes in arms are fine. Children over 12 are fine (and usually find it interesting). In-betweeners are best left with a carer.

## **9. *Will there be other workshops in the future?***

Yes! The next series of homeopathy workshops will run in September 2010. Other workshops are also held at Health Plus! If you would like more information about them, just ask to be placed on our enewsletter mailing list.