



Feeding the Soul

Courses, Classes and Workshops – Timetable 2026

Rainbow House Wellbeing Centre – 6 North St Parade, Sudbury Suffolk CO10 1GL
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Hello and welcome to our timetable for 2026. You will find the timetable on the next page and further on you will find a brief description, the duration and your investment. For more information about any course, class or workshop, let us know what you are interested in, and we will let you have it. If you are ready to book and have a hard copy of this timetable, you can go to www.calendly.com/lindarowntree to book direct. If you are reading this online, click the link that goes with what you are drawn to.

Spaces are limited on all trainings, so booking is essential. A deposit will be needed to secure you a place on any course, class, or workshop with the balance payable on or before the day. There is more information about individual courses, classes or workshops at the back of this brochure. Day workshops usually run from 10am to 4pm. Longer courses are approx. 2 hrs a week. There is a link at the end of each course, class or workshop for you to book when you are ready.

Meditation Circle – Your Hour to Power! Thursdays at 7pm – online through What's App or messenger and zoom... if you would like to join us then let us know so that we can add you to the group. These sessions are FREE!

Psychic and Mediumship Training Courses – Psychic or Medium...which are you? 10am to 12noon, or 7.30pm to 9.30pm. I usually run these as a 3-month course, with a 2-week break before starting again. This means they run throughout the year. I have 2 running this year one on a Friday morning and one on a Tuesday evening. You can book the whole course and receive a discount, or you can pay on the days you attend.

One day workshops – 10am to 4pm. For courses, please check page 5 onwards for full details, and prices

All courses, classes and workshops can be booked online through my website. www.lindarowntree.com or going to www.calendly.com/lindarowntree. There are links here with each event, if you have this as a digital guide. You can book in person, in the Wellbeing Centre, by tele: 07581 533 425 or email: linda@lindarowntree.com

If you are interested in one of the courses, classes and workshops that have already taken place, then please let us know because if we have enough people interested, we can always put it on again.

We offer gift vouchers for all services at Rainbow House Wellbeing Centre including the courses, classes and workshops. These may be for a cash amount or for a whole course, class or workshop.

- **Psychic and Mediumship Training** – 2 hours on a Friday morning or a Tuesday evening for 12 weeks with a 2-week gap in between, ongoing all year round. You can book on the 12 weeks and pay up front, or you can come when you wish and pay as you go along. Investment: £96 or £10 a week. Click here to book <https://calendly.com/lindarowntree/spiritual-development-open-circle-tuesday-evening>
<https://calendly.com/lindarowntree/spiritual-development-open-circle-friday-morn>
- **Soul Aligned Manifesting Day** – 25th July 10am to 4pm. I share a simple formula with you, so that you will have everything you need to live the life you dream of. Click the link here to book. <https://calendly.com/lindarowntree/sacred-journey-manifestation-day>
- **Beginners Psychic Workshop** – 8th August. R U Psychic? Yes you are! Learn the tools of the trade and see where they take you. Click the link to book <https://calendly.com/lindarowntree/beginners-psychic-workshop>

- **Beginners Mediumship Day** – 22nd August – Take a step further and learn how to connect with the Spirit World in a safe space. Click here to book.
<https://calendly.com/lindarowntree/beginners-mediumship-day>
- **Psychic and Mediumship Training** – 2 hours on a Friday morning 21st August at 10am or a Tuesday evening 25th August at 7.30pm for 12 weeks with a 2-week gap in between, ongoing all year round. You can book on the 12 weeks and pay up front or you can come when you wish and pay as you go along. Investment: £96 or £10 a week. Click here to book.
<https://calendly.com/lindarowntree/spiritual-development-open-circle-tuesday-evening>
<https://calendly.com/lindarowntree/spiritual-development-open-circle-friday-morn>
- **Intuitive Tarot Course** – Awaken the reader within – starting the 26th August 7.30pm for 8 weeks – Investment: £99 – in person. Click the link to book.
<https://calendly.com/lindarowntree/intuitive-tarot-course-in-person>
- **Natural Health and Wellness Day** – 5th September. Explore ways to help your mind, body, heart and soul, to regenerate completely and perfectly. Good habits of meditation, mindfulness, affirmations, and lots of other simple no cost ideas. Click the link here to book. Link to follow
- **Spirit Guides and Helpers Day** – 26th September. Spend the day with those that help you from the Spirit World. A Guide, Angel, Ascended Master, Ancestor, Friend or Family Member, are all waiting to help and support us the best way they can... join us in a safe space with those that are still here and those that have gone before. The link to book is here. <https://calendly.com/lindarowntree/meet-your-spirit-guides-and-animal-totem>
- **Reiki III** – 3rd October – The final step with Universal Energy – healing at a Soul level. To book click here. <https://calendly.com/lindarowntree/reiki-iii-master-teacher>
- **Energy Healing Day** – 17th October – Learn how to manage your energy to maintain health and wellness. Come along and learn no cost ideas for a better state of being. Click the link to book. To follow
- **Visionboard Course** – DREAM Big and Make IT Happen – How to manifest what you wish, want or desire with a Visionboard – 4 weeks beginning 28th October at 7.30pm. Click the link here. <https://calendly.com/lindarowntree/dream-big-make-it-happen-course>
- **Reiki I** – 7th November – Just for you, pure and simple to open up the healer in you – Click here to book. <https://calendly.com/lindarowntree/reiki-i-attunement>

- **Psychic and Mediumship Training** – 2 hours on a Friday morning 27th November at 10am or a Tuesday evening 1st December at 7.30pm for 12 weeks with a 2-week gap in between, ongoing all year round. You can book on the 12 weeks, and pay up front or you can come when you wish and pay as you go along. Investment: £96 or £10 a week. Click here to book. To follow
- **Manifesting the easy way** – we manifest all the time, but not in a conscious way. Just think how much more powerful and easier it will be if you are manifesting with intention. Follow the simple steps to manifest the life you desire. This is a 5 week course starting on TBC

Be one of the first to know what is going on with Linda at the Rainbow House Wellbeing Centre by applying to go on our mailing list. Simply fill in a form at www.lindarowntree.com/home

Still to happen...

- **Vibrant Energy Healing Course** – 10weeks date to be confirmed. Explore your Chakras and Aura. Some you will know and some you won't because we will be working with 14 and not the usual 7. On the next pages you will see a bit more information about the course, class or workshop you are interested in, along with your investment.
- **Intuitive Tarot Workshop** – All levels of ability are welcome and by the end of the day you will be able to give a short reading or build confidence to work with the public.
- **Harmony at Home, Space Clearing and Healing Day** – Your home or workspace should reflect the best and most positive energy. Learn how to feel what is right for your home, and workplace, to cleanse, and heal it.
- **Energy Healing Day** – Learn how to manage your energy to maintain health and wellness. Come along and learn no cost ideas for a better state of being.
- **The Gift Course** – How to work with Mediumship if you don't want to give readings. Everyone can be a Medium, even you. 8 weeks
- **Reiki II** – This is for you if you wish to help heal other people. The second step into this amazing universal energy.
- **Crystal Healing Day** – Enjoy a day learning about how these wonderful gifts of nature can help heal you every day.
- **Animal Reiki** – 11th July – for those who wish to help heal beloved pets and animals.

COURSES, CLASSES AND WORKSHOP INFO IN BRIEF

Meet Your Guardian Angel Party – Ask for their help and it is yours. In the comfort of your own home. You can have as many people as you wish, and I am with you for about 3hours... Each guest will get a manual to keep and a certificate of attendance. Contact Linda or the Centre to book a date suitable for you both. Investment £35 per person

Intuitive Tarot - 10am to 4pm – Read the Cards Your Way

You will get a basic understanding of the history of the cards and the story which inspires the Tarot. You will be taken on a journey of the Major Arcana and the meaning of the Minor Arcana. This will lead you to read the cards intuitively. You will explore different spreads as well as how to link in and get the best of the information before being able to give a reading. Investment: £75

Beginners Psychic Workshop – 10am to 4pm – Which ‘clair’ is your favourite

Learn how to link in with the energy of a person, place or thing to understand better how this helps both you and others. We will look at the ‘clair’ that works best for you, and how to feed and nurture the other ‘clairs’. If you have a pendulum, tarot or oracle cards, photos, etc., and wish to bring them with you then please do. Investment: £75

Beginners Mediumship Day – 10am to 4pm – Explore your connection with Spirit

On this day, you will learn how to connect with Spirit in a safe space, and how to tap into the energy and information of a life once lived. This can bring huge comfort to those still here. By the end of the day, you will be able to give a short reading
Investment: £75

Meet Your Spirit Guide and Helpers Day – 10am to 4pm – Your own Dream Team

Enjoy the connection made on this day with your Spirit Guide(s) and find out how they work with you to help you enjoy the life you have chosen. This can also include Animal Totems who can be with you for life, a short time or a fleeting moment and each one will have a message for you. Join us in a safe space with those who are still here and those who have gone before. Investment: £75

Crystal Healing Day – 10am to 4pm – The Gifts of Nature that just keep on giving

Connect with the energy of the Crystals made of the Earth...they can heal, guide and create a positive environment for you. Crystals are a natural gift from the Earth to You

and they just keep on giving. We will look at choosing, clearing, and how to use these beauties to heal yourself – Investment: £75

Energy Healing Day – 10am to 4pm – 14 Chakras! How many?

On this day we will look at the 7 major Chakras and 7 more, for a more even balancing of your energy. We will also take a look at your Aura and how it reflects your thoughts, feelings and emotions. Each Chakra has a specific job to do and life becomes so much easier, once you understand what can unbalance them and how you can put it right. Investment: £75

Natural Health and Wellness Day – 10am to 4pm – Look after yourself

How to remind your body on a cellular level how to heal itself and to stay fit and healthy after. We will look at good habits to help you to understand your bodies needs and it doesn't have to cost a penny. Your investment: £75

Harmony at Home – 10am to 4pm – To help clean and heal you and your home.

Learn how to clear and heal your personal space as well as how to maintain it by smudging, using light and sound. Healing your personal space is as important as keeping your own body fit and healthy. This can work just as well to your workspace too – Investment: £75

For Reiki Attunement only... if the date I have set does not suit you, then please call for an alternative date, to suit us both.

Reiki I – For You, Pure and Simple-10am to 4pm

Learn how to give yourself the healing you need just as Dr Usui did. This Attunement lifts your consciousness to a higher level so that you can heal yourself with confidence. Investment: £199

Reiki II – For Others, Pure and Simple with a bit of oomph-10am to 4pm

This Attunement is for those who wish to practice this amazing healing art on others. This day will give you all you need to be a confident Reiki practitioner. Investment: £299

Reiki III – For those who wish to Attune Others, Pure and Simple with Love 10am to 4pm. For those of you who wish to increase your healing channel and help others gain Attunement. This day will bring out the Master Teacher in you. Investment: £499

As I have gone along on my journey, I have been part of many courses, classes and workshops as a student. One thing that was common to most of them is that any questions have come up after the day, and that is why all my Reiki Attunement have ongoing support included in the price. Also included is a manual and a certificate of Attunement on the day. I am happy to do Reiki Attunement to suit a day and time to suit you, so please ask. I have a separate Reiki Prospectus, so if you would like a copy then please ask.

Animal Reiki – Animals communicate but not in the way we do... come and learn how they can talk to us, so that we can listen to what they are saying, which is better for them and for us. If you would like to be an animal healer, or just learn about your own pet, then this day is for you. £99

SHORT COURSES

Intuitive Tarot Course – 8 weeks course – Read the Cards Your Way - 7.30pm to 9.30pm or 1pm to 3pm

You will get a basic understanding of the history of the cards and the story which inspires the Tarot. You will be taken on a journey of the Major Arcana and the meaning of the Minor Arcana. This will lead you to read the cards intuitively. You will explore different spreads and equipment needed as well as how to link in and get the best of the information before being able to give a reading – Investment: £99

Visionboard Course – Dream Big and Make ‘IT’ Happen - 4 weeks course online – 7.30pm to 9.30pm

Bring your dreams into the here and now...there is a formula for making a vision board work and on this course, you will learn what that formula is and how to give it the power to manifest whatever you want. Once you have this formula and understand it you can use it at any time to bring your dreams into reality. Remember any Dream Will Do... Attract your ‘IT’. This is being run as a short course – Investment: £99

Manifestation Masterclass – Manifest the Life of your DREAMS – 5 weeks 7.30pm – 9.30pm online

We all want the best life we can have and there should be nothing stopping you from having it. On this short course, we will get clear on what you do want and look at what is actually stopping you from having it. Once that is done you will connect with the future you that you are meant to be. Investment: £147

Meditation – If You Do Not Go Within, You Will Go Without - 7pm to 8pm

Your Hour to Power. Enjoy the time and the space to connect with yourself on a deeper level. Being mindful is vital to enjoying the world around you. This hour is held on a Thursday evening via zoom and messenger. Investment: FREE.

Psychic and Mediumship Training Courses – Friday morning or Tuesday evening

A structured 3-month journey where you can explore your gifts and the 'clairs'. You are psychic and you do have the power. This is open to anyone whether you already have an understanding or not. Learn how to connect with Spirit and the information they are still eager to give. I have 2 circles running throughout the year – Investment: £96

Energy Healing – Wednesday evenings – 7.30pm to 9.30pm – online

A 10-week course all about your personal energy system. On this course you will learn about the 7 main Chakras as well as 7 more...yes you really do have that many! You will discover why looking after them is so important and how each one has an effect on our everyday life – Investment: £198

The Gift – From Spirit to YOU - 7.30pm to 9pmish - online

This is for anyone who has a connection with the Spirit World but does not want to do readings for the public. There are so many ways you and Spirit, can work together... and they are so willing to help you. You all have a spiritual support team, and they will be different to everyone as are your own gifts and how you use them. This is a 10-week course – Investment: £147

Life is to be enjoyed, so do something for you that feels right for you...

I am also an Intuitive Life Coach, and I offer Breakthrough Sessions that help you to connect with anything you are wishing to create, what is stopping you from achieving your goal, and how to visualise the future you. These are 90 min sessions with a 30min follow up session if you need it. Your investment: £135. Click here to book with me now <https://calendly.com/lindarowntree/breakthrough-session>

Sacred Living – 3 months on a 1-2-1 basis that helps you to live your best life, by connecting your every day with the spiritual journey you are on. Your investment: £2500 payment plans are available.

My Souls DREAM Business Start Up Programme – 3 months 1-2-1 course that takes the business you only dream of and makes it a DREAM business. Contact Linda direct

to arrange a quick chat to see if Linda has what you need. Investment: £2500 if you would like a payment plan please ask.

I also run another programme for you if you already have a business, but feel stuck, which most businesses get to at some point in their growth. Booking details as above. For more details on these programmes please look at www.lindarowntree.com. If you would prefer you can email: linda@lindarowntree.com for a brochure which has all the information you will need to decide which programme is ideal for you.

Other Services at Rainbow House Wellbeing Centre – Any service shown here can be booked via calendly.com/lindarowntree or by telephoning 07581 533 425 and be online or in person at 6 North St Parade, Sudbury CO10 1GL. Linda works alongside Chloe a massage therapist and Leanne who is a Reflexologist and Reiki Practitioner

Complementary Therapies

Intuitive Life Coaching

1-2-1 Readings, Demonstrations, Psychic Parties and Angel Parties

Crystals and Spiritual Gifts



Linda Rowntree is a Psychic Medium, Intuitive Life Coach, Energy Healer and Spiritual Guide with many years of experience in complementary therapies. Linda has taught for the Association of Reflexologists and Association of Natural Medicine, but now teaches self-development courses, classes and workshops in her own right. Linda is fully insured and has relevant DRB checks.

In early 2021 I published a book 'The Universe is Talking to You'. You can get it now on Amazon or at Rainbow House Wellbeing Centre - 6 North St Parade, Sudbury, Suffolk

Trust and Believe in Yourself as You Trust and Believe in the Universe - Linda Rowntree

I look forward to being of service to you