



LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

Hannah Morrish

Qualifications:

Diploma in Solution-Focused Psychotherapy and Hypnotherapy, Within Sight Training

Advanced EFT Practitioner - levels 1, 2 & 3 (Emotional Freedom Technique with Karl Dawson)

Matrix Re-imprinting (with Karl Dawson)

Matrix Birth Re-imprinting (with Sharon King)

200YTT Ashtanga and Vinyasa Yoga, Sampoorana Yoga School, Goa, India

50YTT Yin Yoga (Angela Jarvis-Read)

Indian Head Massage, Sussex School of Natural Therapies

Soul Midwifery, end of life holistic care - levels 1 & 2 (Felicity Warner)

Mental Health First Aid, MHFA England

Human Resources & Business Management MSc (CIPD) Aston Business School

Training:

Hannah is committed to regularly investing in training and CPD to ensure she offers a range of practical, therapeutic and healing modalities to her clients and community.

Trauma Therapy - A Somatic Approach (Albert Wong)

Trauma First Aid (Peter Levine)

Attachment Theory (Diana Poole Heller)

The Polyvagal Guide (Deb Dana)

Love your clients, practitioner programme (Fi Feehan)

Community programmes and offerings:

Hannah is co-creator and space-holder for the Fellowship of Sages, a programme that guides men to identify and embody their wisdom.

Former space-holder of Flourish, Flow, Glow, a sharing circle held over six months to support women to uncover and embody their true essence.

Dying for a Cuppa - a an opportunity for people (often strangers) to share and story-tell their experiences with the intention to increase awareness of death and the dying journey with the desire to help us all live and die well.

Release, Reset, Replenish - mini meditation and yoga retreats, inspired by the energy of the seasons and astrology.

