

Homœopathy Workshops 2009

with Roman Urbanski dip. hom. Med.

"Homœopathy is safe to and effective use, it can be challenging and at times frustrating yet often simple too. It is non-invasive and non-toxic nor destructive unlike allopathic medicine and some herbs. This makes it perfect for pregnant women and young children. It affords the labouring mother the beauty of fully participating and experiencing the birth of her baby while offering help if it is needed without the risk of affecting the child. It can also facilitate the healing and resolution process after birth".



First Aid

Saturday 31st January and 1st August, 2 - 4 pm

During this workshop you will:

- learn the appropriate remedy for each first aid situation
- learn how to decide the dosage and frequency of giving a remedy
- learn about homœopathy in first aid situations such as; bites, burns, bruises, scratches, strains and shock
- gain the confidence to prescribe homœopathic remedies
- receive comprehensive notes/workbook

Pregnancy and Birth

Saturday 9th May and 3rd October, 2 - 4 pm

During this workshop you will:

- learn the 3 pronged approach to what to look for when prescribing a remedy
- learn how to decide the dosage and frequency of giving a remedy
- learn to differentiate between the most commonly used labour remedies including; Caulophyllum, Cimicifuga, Pulsatilla, Sepia and Arnica
- gain the confidence to prescribe homœopathic remedies
- gain an insight into homœopathy that can lead you to more learning
- receive comprehensive notes/workbook

About Roman Urbanski

Roman studied homœopathy in Sydney and India and has been in private practice for 15 years, he is the creator of the *Homœopathic First Aid Kit* and *the Birth and Beyond Homœopathic Kit* for Pregnancy and Birth and a father of five children – three of whom were born at home.

Roman conducts this workshop in a relaxed and inclusive way with lots of opportunity to ask questions and share experiences. The workshop is for people who have no experience or lots of experience using homœopathy.

cost: \$40

venue: 766 Riverdale Road, Camberwell

Contact: Anna 9718 1239, anna@womenofspirit.asn.au

www.ankhararose.com.au