



Hatha Yoga & Quantum Healing



Min Sook Ghim, Hatha Yoga Teacher & Quantum Touch Practitioner, based in Bruton, Somerset.

About Min Sook

Min Sook was an enthusiastic yoga practitioner for two decades before she decided to start her own classes.

Many years ago, once she had gained her certificates, her Guru asked her to teach yoga. At the time she declined the proposal and pursued a materialist life which caused her to burn out and become sick.

Min Sook's spiritual journey began after moving from London to Somerset and bringing her long career as Cabin Crew to an end.

A desire to help people in pain lead Sook to Quantum Touch, which she sees as having the same essence as yoga – to rediscover the power within, loving yourself.

Now Min Sook invites you to participate and find your own path using yoga and Quantum Touch to guide you.

Hatha Yoga

Min Sook's class consists of Asanas, Pranayama, & meditation. Her yoga is deeply based on the emotions:

Emotion = Energy in Motion

Her yoga will bring you back to your essence, which is Love.

Quantum Touch

Min Sook is a qualified [Quantum Touch Practitioner](#). She sees the advantage in Quantum Touch as its simplicity and efficiency. If you are looking for a simple, natural healing treatment look no further.

Min Sook is particularly passionate about healing for the elderly, children and animals.

Quantum Touch is not spiritual healing but is based in modern scientific principles. For further information on the benefits of Quantum Touch see the QT website:

www.quantumtouch.com



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Booking

Yoga classes

1-1 lessons available. For booking contact sookghim@gmail.com.

Current classes at Holbrook Manor near Wincanton.

Wednesdays	6-7.30pm
Fridays & Saturdays	11am-12.30pm

Please contact Holbrook Manor to book:

<https://holbrookhealthclub.com/>; tel: 01963 828844

Quantum Touch healing sessions

Rates:

First session (1 hour)	£90
4 x 1 hour sessions	£333
1 ½ hour session, including chakra balancing	£120
4 x 1 ½ hour session	£444

Concessions are available to ensure quantum healing remains accessible to everyone regardless of means– please contact Min Sook for further information:

sookghim@gmail.com. Remote healing also possible.

Testimonials

“Wow! What a focused and very well prepared teacher! From a welcome to a concern for one’s personal comfort, you feel valued and as if you were working one-to-one. Her knowledge is extraordinary, plus it’s delivered at appropriate intervals. She has inspired me to practise at home.”

Anne, Somerset

“Each session makes me feel calm and relaxed.”

Vicky, Somerset

“It’s about more than just movement, Sook’s yoga is a deep and profound journey.”

Chloe, Dorset



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The Rainmaker

Carl Jung, Sigmund Freud's premier student in the field of psychoanalysis, often spoke of the power of miracles by telling the following story:

There was a village that had been experiencing drought for five consecutive years. Many famous Rainmakers had been called, but they had all failed to make rain. In the villagers' last attempt, they called upon a renowned Rainmaker from afar. When he arrived in the village, he set up his tent and disappeared inside it for four days. On the fifth day, the rain started to fall and quenched the thirst of the parched earth. The people of the village ask the Rainmaker how he had accomplished such a miracle. The Rainmaker replied, "I have done nothing."

Astounded at his explanation, the villagers said, "How can that be? After you came, four days later the rain started."

The Rainmaker explained, "When I arrived, the first thing I noticed was that everything in your village was out of harmony with heaven. So I spent four days putting myself into harmony with the Divine. Then the rains came."

The power is within you. We always look outside, instead look within.

All you have to do is rediscover yourself!

"Your ego says I will be at peace when everything falls into place, but spirit says, when you are at peace, everything will fall into place."