



YOUR HEALING SPACE

"Empowering the Inner You"

3rd Thursday of Month 7-8.30pm

AIM: To help you feel progressively more able to manage yourself through Life Challenges & to learn about and step forward into more of who you are.

Each session will introduce techniques to help re-empower You & your Personal Space, all managed within a supportive pro-active Healing Space. LET'S GO !!

PROVISIONAL PROGRAMME for 2018

(Booking will be required for each session)

18th JAN, FEB 15th, MAR 15th - Intro to Holistic Self-Development & Self-Empowering Tools to help you maintain a safer, more proactive Personal Space.

APR 19th - Working with Energy Centres & Chakras

MAY 17th - Managing Emotions with 5-Element Charts

JUN 21st - Energy Roles

JULY 19th - Introduction to Muscle Testing & Prioritising Self-Development Tools

SEPT 20th - Pyramid Meditation

OCT 18th - Working with Love

NOV 15th - Review Whole Year / Consolidate Learning



In Association with South Glos WELLBEING COLLEGE

VENUE: The Chantry, 52 Castle St, Thornbury, BS35 1HB

LIMITED PLACES, FFI *and* to Book your FREE Place

Contact *JOSIE SUCU*, Kinesiology & Reiki Practitioner

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