



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 !!

----- PROGRAMME FOR 2019 -----

(Booking will be required for each session)

JAN 17th - Intro to Holistic Self-Development & Self-Empowering Tools to help you maintain a safer, more proactive Personal Space.

FEB 21st - What is Your Healing Space

MAR 21st - Power vs Empower

APR 18th - Working with Energy Centres & Chakras

MAY 16th - Managing Emotions with 5-Element Charts

JUN 20th - Energy Roles

JULY 18th - Introduction to Muscle Testing & Prioritising Self-Development Tools

SEPT 19th - Pyramid Meditation

OCT 17th - Working with Love

NOV 21st - Review Whole Year / Consolidate Learning



In Association with South Glos WELLBEING COLLEGE

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

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

Visit www.healyourpuzzle.co.uk/upcoming-events/

Or Contact JOSIE SUCU, M: 07866633622