

INVEST IN YOURSELF DAY

An experiential workshop for women designed to facilitate mind/body healing and greater self-awareness of our survival stories or self-limiting beliefs that might be keeping us stuck.

Most of us have something that tends to re-occur or feel unresolved. It might be a relationship or health issue, a behaviour or something within our personality that we want to change.

We will use the Transpersonal Psychotherapy elements model of earth, air, fire and water and an understanding of the chakras to gain insights into ourselves, our intimate relationships and life challenges.

You will be invited to share and receive the wisdom and support of 'the circle' we create and hold as a group.

Sometimes we need to be still and sometimes we need to move and this wholistic workshop will combine Eastern and Western theories and healing practices.

Included in the day are **two deeply restorative Yoga Nidra** or deep relaxation sessions and you will learn simple practices that you can do at home to energise or calm the body/mind.

Early booking is recommended as this will be a small intimate group of **no more than 8** women including myself.

Date: Friday 15th September 2023

Place: Violet Hills Studios, 6 Violet Hill, London NW8 9EB

Time: 10am – 5pm.

Fee: £90

About me:

I am a UKCP accredited Transpersonal Integrative Psychotherapist, Nutritionist and Yoga Nidra practitioner. I regularly run workshops for women and work with individuals and couples in my private practice in Willesden Green. Please visit my website for further information.

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