



Saturday 4th March 2017 9.30am-4pm Abington Barns

THE POWER WITHIN

A day for you.....

Life can be busy and there can be many distractions that divert us from a place of wellbeing. This is a day to nurture your true self. This is a day to relax, be creative, have fun and connect with your inner guidance and wisdom.

Course Content

Exploring the inner world through meditation - gentle guided meditation to a place of peace and calm. Allowing complete relaxation and an opportunity to connect with your higher self.

Quieting the 'monkey mind'-do we control our thoughts or do our thoughts control us? Tens of thousands of thoughts, most of them repetitive, how could you make those thoughts work for you not against you?

Exploring your energy and the energy of others - explore the different ways we perceive the world and how past events can unconsciously dictate how we react in the moment.

Tapping into your inspiration through words and colour - with fun and interactive exercises to help you express your innate creativity. Using the written and spoken word, as well as drawing (or doodling), to connect with the energy of your inner free child. You may surprise yourself!

Course Fee is £42 (pay half when you book, balance on the day)

Please contact Helen to book your place helenpreston22@btinternet.com
07510645673

**“Who looks outside,
dreams; who looks
inside awakens”**

Carl Jung

**“Today I am Me, and I
am freer than free.
There is no one alive
who is me-er than Me.
I am the best I can
possibly be”**

Dr Seuss

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Helen Preston

**Confidential Counsellor and
Holistic Therapist**

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