

COME HOME TO YOURSELF

Your Wishes and Dreams,
Your Love and Passion,
Your Aspirations and Inspirations

Step into a life you love and where life loves you! Your relationship with yourself is the key to it all! It is about integration of all of you, the parts you love and the parts you don't love - yet. You come into awareness, you let go of what no longer serves you and are guided to what you once knew was possible, doable and yours to have - and it still is! You claim your True Self and step into the one that feels happy, connected and content.

"Come Home to Yourself" is a 3.5 days residential Intensive held in Paterson, Hunter Valley with a maximum of 8 participants. It starts at 7 pm on Friday and finishes at 3:00 pm on Monday (Queen's Birthday) with approximately 28 workshop hours (mornings and evenings are utilised).

"Coming Home to Yourself" means many different things to many different people, therefore the workshop does not follow a rigid structure but is tailored to each individual's needs and wants – which is always reflected in the group.

Generally the weekend is for those who are ready to take loving responsibility for their lives and who are no longer willing to settle for just 'okay'. It's ideal for Individuals and Couples who want to feel more intimately and lovingly connected with themselves and with others, who want to live a life in love and joy.

This is not just a 'feel good' weekend, of healing, of awareness and understanding, connection and correction, of stepping into your power but also about learning tools to support and guide you in every day life. Even though phenomenally lasting changes have happened in those weekends, life is still a journey and I am passionate about people receiving tools to support them on theirs.

Other reasons to join:

- Your relationships don't seem to work and you want them radically improved
- You somehow lost sight of yourself or are at a crossroad and want to come to a decision
- You have been feeling anxious, depressed, traumatized or "just" numb and are willing to feel better and empowered
- You feel stuck, don't want to waste another year and really wish to move forward
- You've done a lot of work on yourself but still something seems missing and you want to find "it"
- Your Health has been absent and you want it back
- **Or simply because you want to live a more fulfilling, intimate and happy life!!!**

Testimonial Statements:

“The best Self-Help Workshop I know.”

“Highly recommend.”

“The greatest benefit of the workshop: It has given me tools to be able to feel supported whilst working on my own to resolve any more emotional and personal issues.”

“I very much recommend this workshop. Gave me insight to tools I can even use with others.”

“It helped me to connect to parts of myself & issues that I had shut off a long time ago but needed to deal with. It helped me begin the next phase of healing myself. I definitely recommend this workshop as a very worthwhile experience.”

“The facilitator was great. Loving, helpful, not too pushy, not too gentle (just right!)”

“I had the best time.”

“Might not be for everybody but everybody would certainly benefit.”

“Can only highly recommend.”

11 – 14 June 2010
(Queen’s Birthday long weekend)
From 7 pm Friday – 3 pm Monday
Paterson, Hunter Valley
\$480.00
(Payment plan or other energy
exchange is available)

Includes:

- ⇒ Approx. 28 Workshop hours
- ⇒ 1/2 hour Phone Pre-Interview
- ⇒ Workshop Folder
- ⇒ All meals
- ⇒ Three nights shared accommodation (for an extra \$90/night accommodation is available in the local B&B or Motel – ask for details)
- ⇒ Peace and Serenity on 12 beautiful acres with spectacular country views

Register early: Only 8 spaces

Call Sonja on 02 4938 5756
or
Email Soulanswers@gmail.com