

Heal your life workshop

Saturday 24 September 2016 - Sunday 25 September 2016

10.00am to 4.30pm

Obus Wellness Centre, 3-4 Mill Lane, Leixlip, Co. Kildare.

Fee: €180.00

Deposit: €50.00

Louise L. Hay, Heal Your Life 2-Day Workshop, facilitated by Gráinne Stone

This workshop is an opportunity to transform your life based on the philosophies of the Louise L. Hay, a metaphysical lecturer and teacher and the bestselling author of numerous books including Heal Your Body A-Z, You Can Heal Your Life and Empowering Women.

The workshop enables you how to use, and create positive affirmations to attract the life you want. Many of us are aware that we need to change and may not have the necessary tools or knowledge on how to do so.

This workshop creates a space where you will feel supported in letting go of your usual criticisms, taking an honest look at your thoughts and allowing yourself to truly access your emotions. When you create a space of honesty in your life, you find that the internal arguments cease and we can easily allow positive change to happen.

Part of Louise L. Hay's philosophy is that the only person we ever need to change is ourselves, therefore expect a lot of this workshop to focus on understanding and loving yourself.

Over the two days expect to explore the following:-

- Yourself
- Your inner child
- Mind-body connection
- Family dynamics
- Looking at the healing of negative emotions
- Gratitude – positive affirmations to attract the life you want.

Gráinne is an experienced Heal Your Life teacher who commenced on her own personal transformation by participating in a Heal Your Life two day workshop several years ago.