



Ditch the Emotional Baggage

27th May 2018

10am - 3pm

with UK Therapist Mei Flynn

4,500rs | 4,000rs pre-sale before May 25th

We often hold on to so much emotional baggage from the past which stops us moving forward in certain areas in life. Come and join this introductory workshop and together we will explore the following areas to help you release the past and live the life you really want.

- Awareness of different areas where you might be stuck in life.
- Past messages & experiences and how they affect your life and choices.
- Why repeated patterns keep happening.
- Identify certain personalities that run your life e.g. people pleaser or perfectionist.
- Tools to empower you to incorporate into your daily life.
- Write a new story for your life.

Conducted by Mei Flynn, Metaphysical Counsellor & Facilitator trained in the philosophy of Louise Hay who wrote the book, 'You Can Heal Your Life.'



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