

The Heal Your Life\* two day workshop, developed by renowned teacher and author Louise L. Hay, covers all aspects of the body, mind and spirit. It is a truly amazing life changing experience for all participants.

### What is it about?

This workshop is all about YOU. The process of healing your life begins with breaking through the layers of old conditioning and beliefs about how you "should" lead your life, identifying any problem areas and clearing emotional clutter connected with these. There is no "magic" or "secret process." All that is required is a genuine desire to commit yourself to change and to a series of practical steps that make these changes happen. You will leave with practical tools to help you respond to situations and circumstances in your life more positively and lovingly.

You can leave this workshop armed with spiritual and practical tools and techniques that will assist you to respond to situations and circumstances in your life with more positivity and love.

#### Who is it for?

Anyone who is:

- Interested in personal development
- Feeling stuck
- Eager to make positive changes in their life
- · Ready to embrace life more fully

### What you will learn

Through this program you will learn to...

- Love yourself and others more fully and deeply
- Release negative emotions that block your joy and creativity

- Work with body, mind and spirit to transform your life
- · Understand your barriers to love
- Realize your inner wisdom and power
- Create more harmony and balance in your life

## To reserve your place

Contact:

Paulette Flamond (250) 793-0069 or AB Centre (250) 785-1870

or email office@neabc.ca

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\$250

Light breakfast and lunch provided sponsored by

