

LOVE YOURSELF

Heal Your Life



A POWERFUL, LIFE CHANGING WORKSHOP
BASED ON THE PHILOSOPHY OF LOUISE HAY

“CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE”

Dr Wayne W. Dyer

This workshop is for you if you are ready to:

- ✓ Eliminate negative thinking
- ✓ Heal the past and stop sabotaging your life
- ✓ Have healthier relations
- ✓ Replace self-criticism with self-approval
- ✓ Create a life you love

You will:

- ✓ Identify and transform negative beliefs
- ✓ Release resentments and old emotions
- ✓ Learn techniques for personal healing in all areas of your life
- ✓ Learn mirror work, visualisation and the use of affirmations



**WHERE
AND WHEN:**

Venue : Duston Community Centre

Sat 4th May 2019 Time 9.45-12.15

12 ways to love yourself workshop

Cost £30

Early bird offer of £25 if booked before 20th April

Wed 5th June 2019.

5 weeks course-19.30-21.30

Cost £125 or early bird offer of £100 if booked before 15th May.

Further information and payment details

Call 07808 520566 sarah.hyl@outlook.com

Sarah Tyler **Licensed Heal Your Life® workshop Leader**

*There is so much love in your heart
that you could heal the entire planet.
But just for now let us use this love to
heal you. Feel a warmth beginning to
glow in your heart center, a softness,
a gentleness. Let this feeling begin to
change the way you think and talk
about yourself.*

~ LOUISE L. HAY

**THIS WORKSHOP WILL SELL OUT VERY QUICKLY,
YOU MUST CALL NOW TO RESERVE YOUR SPACE!**