

ARCADIA LIFE

Inner Transitions Workshop 22nd September 2013

WITH DESPINA NIKOLAKAKOS

Close the gap between who you think you are and who you really are...

We create life inside out whether we are aware of it or not.

In this space, you have the opportunity to be still with yourself and have time to reflect on what has been and listen to what is stirring within you.

Spring Equinox is a time of reflection, release, cleansing and creating space for new.

The Soul is like a seed. It holds all its potential within itself, and has a deep desire to express itself.

Who are you really? How do you want to express that in the world?

We have changed a lot lately, and often until we take stock and listen deeply we don't realize how much of the old we still carry around, or indeed how much we have already evolved.

This is a guided very personal day for you to have the opportunity to listen deeply to yourself, as you are *now*.

- *Increase self-awareness
- *Connect deeply with yourself and embrace your humanness and your awesomeness
 - *Connect to a new perspective on life's issues
 - *Notice how much you have evolved in the last few months
 - *Identify and release limiting beliefs
 - *Raise vibration
 - *Access inner visionary self
- *Create a new foundation to live from that serves your true self

"... Loved it as it really gets me to look closely and be clear about what's most important to me. I sometimes need that sort of guidance; otherwise I seem to drift endlessly. Since the workshop, I have noticed myself moving towards what I asked for, without even realizing it... I have had some really amazing shifts and moments of absolute clarity!!"

Anthony, Sydney

Time: 10am -4pm

Cost: \$150

RSVP to Despina by 16th September to confirm place. **Spaces limited to 12.**

Venue: Yoga To Go Studio Petersham

106-108 Crystal St Petersham. Close to Petersham train station.

Morning tea provided. Bring light lunch or there are some local cafes.

Bring Journal to write, a sacred object, cushion to sit on.

Yoga mats and blankets available if you want to lie down during meditation.