

Series of 7 Transformational Workshops

“The Journey of the Self – The Central Place of Love and Wholeness”

Transformational journeys through a series of workshops designed to strengthen and nourish the inner connection to self within a heartfelt, multidimensional experiential intimate circle.

- 1 **SELF REFLECTIONS**– accessing your inner world through dreams, reflections and visions
- 2 Tapping into the wisdom of the **INNER CHILD**
- 3 Retrieving the gold of the **SHADOW**
- 4 Accessing the fullness of your **FEMININITY**
- 5 Befriending the **MASCULINE** within
- 6 Harmonizing the **4 DIMENSIONS** of your nature (physical, mental, emotional, spiritual)
- 7 **LIVING** the enjoyment of **TRANSFORMATION**

Each workshop will be the fourth Sunday of the month 10.00 - 3.00 pm commencing on July 28th. (excluding December/January) RSVP- July 25.

Colour Harmony By The Sea
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