

Calm Mind ~ Open Heart

Reconnect ~ Rebalance ~ Rejuvenate



Feeling the challenge of big change? It's calling you to grow.

- Been feeling unsettled, isolated, sometimes overwhelmed, or unsure what's next?
- Like to be more grounded, feel calmer, and in tune with the true YOU?
- Want to regain harmony and clarity within yourself, and take new growth steps?

CALM MIND – OPEN HEART is a leading-edge personal empowerment program designed to activate the formula that grows clarity and calm within you, and to release limiting feelings, beliefs and habits that hold you back.

What's in this for me?

This 8-week course will help you create a better inner-outer balance by paying attention to your intuitive voice. Incorporating intentional thought, conscious emotion, meditation, and breath work, you'll know more naturally how to respond to what you need, how to be compassionate with your self, and respond in ways that support you. The **\$200** personal course investment includes course material and individual guidance.

You'll learn how to...

- Listen to what your feelings are telling you.
- Uncover the needs your emotions are asking you to respond to.
- Enhance your wellbeing using your power to consciously choose what nourishes you.
- Rewire your beliefs so you become the author of your own experience.
- Amplify your vibrational state using breathing exercises to illuminate and uplift your Spirit.
- Experience meditations that calm your mind, and open your heart.

Join us for eight enlightening 2-hour sessions

Mondays 7 – 9 pm Starting 21 March
Fellworth House, Milton St, Nelson

Course leader: Dharan Longley – Counsellor, Meditation Teacher, Life Guide

To enrol or enquire: 022 6281416 dharan@trainingsource.nz

