

Well Woman Sanctuary Retreat

This 1-day workshop is designed to provide nurturing, relaxation, stress management techniques and motivation. We will give you the tools to release negative thoughts and create a life full of motivation, acceptance, tolerance and abundance. This is your time "to seize the day" for your mind, body and soul.

Date: Sunday, 31st July 2016
Time: 8:30am till 5:30pm
Venue: Aroca Healing Centre, 345 Badgerup Road, Wanneroo
Cost: \$195 for the day

Full payment is required in advance to secure your place and we must have 10 people to ensure the day goes ahead, so feel free to invite a friend too. This retreat will be a wonderful way for you to relax, nurture your soul and learn some wonderful techniques for relaxation and stress relief.

This retreat will include:

- Relaxation Techniques
- Understanding the Mind / Body connection
- Group hypnosis session to handle stress
- Positive Affirmations for healing, abundance and love
- Self-Esteem, Confidence and Motivation
- Your Goals and Vision
- Meditation and Visualisations
- Gong and crystal bowl sound healing
- How to use essential oils to create peace and harmony
- Follow up email and phone support

To confirm your attendance please send this completed form with a \$195 payment by direct debit or paypal to the account below.

DIRECT DEBIT: **BSB** 306114 **ACCOUNT** 0297545
NAME: WELL WOMAN SANCTUARY
DESCRIPTION / DETAILS – PUT YOUR NAME

PAYPAL: **vicki@wellwomansanctuary.com.au**

Name	
Address	
Suburb & Postcode	
Email Address	
Home Phone	
Mobile Phone	
Emergency Contact Name	
Emergency Contact Number	
Payment Details	