

The Art of Creating...

HEALTHY BOUNDARIES

A Workshop for Women and Men

by Ghata

Many people have misconceptions about boundaries, what they are and do in relationships. Boundaries are about what is ok and what it not ok and important for us to stay in integrity with ourselves and others. Boundaries are not walls or divisions, they are the key to self-love and how to treat others and ourselves with loving kindness.

In this workshop we will explore our own boundaries, how comfortable we are in establishing or acknowledging them and how to express them safely and clearly. We work in a somatic oriented way to be more in touch with our feeling sense in general and especially around boundaries. There will be exercises to explore boundaries in different ways as well as energy work and guided meditations to heal boundary breaches from the past.

PLACES ARE LIMITED AND BOOKING IS ESSENTIAL

Saturday 28 and Sunday 29 July 2018

10.00am to 4.00pm

Living Yoga Sangha Studio, Lvl 1, 63 Stuart St, Mullumbimby

Cost: \$440

EARLY BIRD
SPECIAL \$390*

SAVE \$50

Pay before 30 June

FOR INFORMATION AND BOOKINGS

Ghata Engels on 0403 399 904, email ghataspirit@gmail.com or
Suzie Balmer on 0413 173 760, email suziebee@westnet.com.au

Payment by direct deposit to Studio Services, CommBank, BSB No: 062-578, Account No: 10179413



Ghata I Engels is an internationally renowned and respected energy worker and facilitator. Since 1992, Ghata has worked globally in teaching and leading personal development trainings and is the founder and director of SOL Spirit of Light Training and Practitioner Training. Her students see her as an incredibly intuitive and supportive teacher who is truly authentic in her care and commitment to leading by example. Her level of openness and authenticity is unique which attracts men and women from all walks of life.

SOL SPIRIT OF LIGHT
www.solspiritoflight.com

The **freedom** to be who you truly are
and to **create the life you want.**