



5 Week Study Group 1

Experience this powerful 5 week Study Group originally developed by best-selling author Louise L. Hay (*You Can Heal Your Life* and *The Power is Within You*), and attended by thousands of people worldwide to help improve the quality of their

lives. This is an immediately applicable and very interactive course ensuring participant's walk away with real skills to apply in all areas of their lives.

We are meant to live a life filled with love, laughter, prosperity and radiant health. This study group will help you bring about changes to improve your life by giving clarity to the links between mind, body and spirit and the causes of 'dis-ease'.

Give yourself the gift of an extraordinary experience you will not regret!

This study course is open to men and women. Here's what you can expect:

- ♥ Develop awareness of negative beliefs that block your happiness
- ♥ Understand your behaviors - do away with anger and re-actions
- ♥ Eliminate self-criticism - Build confidence
- ♥ Use affirmations to create change in your life
- ♥ Release fear, guilt and sadness
- ♥ Recognize your pain-body and how it functions
- ♥ Understand what it means to be conscious
- ♥ Experience the benefits of living in the present moment

GENEVA – Soluna Yoga, rue du Mole 18

Wednesdays from Sept 1 – Sept 29 at 19h00 – 21h30

8 participants max – spaces will fill up fast!

Participation: 500chf (payment options available)

Kamy Lavanchy - Licensed Workshop Facilitator and Life Coach - 079 325 0730

Please contact kamy.lavanchy@bluewin.ch to confirm your participation or to join our inspiration mailing list