

BURROWS LEA WELLNESS TALKS

at Harry Edwards Healing Sanctuary , Burrows Lea, Shere, GU5 9QG

Thursday 20th June 2019
2pm - 4pm

THE ART OF 3 BRAIN HEALING

Are you feeling overwhelmed?

Living with too much stress?

When we are overwhelmed and living with stress, our challenges seem that much larger and more difficult to face. Join Wellbeing Coaches, Sarah and Melissa for a unique, fun and inspiring workshop that offers an artistic alternative to self-care.

Through doodling, colouring and questioning, this upbeat and positive approach offers indispensable tools in order to develop our higher self, clarify our values and beliefs and ultimately to heal.

This empowering workshop offers a space where we can get creative and discover how to take positive control of our lives. We will work with becoming curious and exploring 'The Controllables'; thus increasing our ability to respond and self-regulate.

With our inquisitive and compassion-focussed coaching, you will experience this entirely different approach to managing your emotional health and wellbeing and use this restorative opportunity to relax, have fun, colour and draw.

The 3 Brains



Let's work together!

Places are limited and so please contact Carolyn Low on 01483 203540 or email Carolyn.graeme@hotmail.co.uk if you wish to attend. There is no charge for this event but donations are much appreciated.