

Institute of Heart Intelligence

presents

One Day Seminar:

“Rekindle the Beauty and Power of the Feminine Spirit”

facilitated by

Susan de Castella, Breathworker with Mya, Bellydance Instructor.

The Theme for the day:

Helping women discover self-awareness, self-love and the beauty and power of their feminine spirit.

Outcomes you can expect:

- Increase Your Self-Esteem and Self-Confidence
- Feel Safe in Your Body and Emotions
- Embrace the many aspects of the Feminine Spirit.
- Respect and Honour Yourself as a Divine Being.
- Gain Keys to Personal Empowerment
- Open Your Heart to Live More from Love
- Know and Embrace Your Body as a Sacred Form
- Understand & Release Competition with Other Women
- Create Equality and Safety in Intimate Relationships

The Seminar Program:

We will begin the day with an opening ceremony and heart centring meditation.

Followed by Mya’s traditional Egyptian bellydance session, which will be fun and easy to follow, covering basic steps in Egyptian Belly Dance for the beginner.

Enjoy an Middle Eastern Morning Tea whilst Mya dances one of her exquisite bellydance choreographs.

Susan will then take you on a journey through kinesthetic and body image movements shedding the old unwanted critical and judgemental images of yourself and discovering your real wonderful body image that shines from within.

Lunch is to follow in the relaxed and open grounds of “Hazeldell” surrounded by exotic and native gardens.

Rejoining with Susan for a Breathwork Session, experiencing the amazing healing power of the breath.

Our final sharing with a blessing and heart centring meditation.

Logistics:

Date: Sunday 11th February 2007

Time: 9.30am to 5.00 pm

Where: “Hazeldell” 220 The Basin - Olinda Rd. The Basin. 3154

Bring: Your lunch, notebook and pen, cushion or low height chair, loose comfortable clothing.

YES I WANT TO REKINDLE THE BEAUTY AND POWER OF MY FEMININE SPIRIT!

Melbourne: 9.30am to 5.00pm Sunday 11th February 2007

I am paying \$100 or \$80..... Concession / Group booking (of two or more).

Name Phone:(h)

Mailing Address (w)

Suburb..... Postcode.....

Email Address.....

Cheque Visa..... Mastercard..... Expiry Date.....

Credit Card Number: Cardholder’s Name.....

..... Signature.....

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