

Schedule for initial Foundations for Living workshops 2012



Date	Course	Fee	Location
Thurs 9 Feb	<p>The Expansion Programme – 7-9pm Come and join us for a great line up of inspirational speakers. A relaxed open mic night where passion and power create miracles. Speakers of the evening: Carolyne Burnett Georgina Roberson Sam Bryan (Every 2nd Thursday of the month)</p>	£7.50 on the door Free refreshments for advanced payment	Botley Market Hall, Botley Village
Sat 3 March	<p>Introduction to Living Consciously - 1 day Without awareness, we are merely robots of the patterns of the past. These patterns cause dysfunction in every area of our lives. Are you ready to step out of unconscious robotics and begin waking up to peace, freedom, love and abundance?</p>	£95 lunch Included	Hedge End, Hampshire
Thurs 8 Mar	<p>The Expansion Programme – 7-9pm Come and join us for a great line up of inspirational speakers. A relaxed open mic night where passion and power create miracles. Speakers of the evening: TBC</p>	£7.50 on the door Free refreshments for advanced payment	Botley Market Hall, Botley Village
Sat 10 March	<p>Learning the Language of Life - 1 day This course helps us to become aware of the damaging effects communication has on our self-esteem and the quality of our lives. With awareness of our words and the words of others and how they affect us, we can begin to learn a new language. A language that not only changes our perception of life but also in turn brings results that are paramount to building and maintaining our self-esteem.</p>	£95 lunch Included	Hedge End, Hampshire
Sat 24 March	<p>Introduction to Living Consciously - 1 day As above</p>	£95 lunch Included	Hedge End, Hampshire

Sat 7 th April	Learning the Language of Life - 1 day As above	£95 lunch Included	Hedge End, Hampshire
Thurs 12 April	The Expansion Programme – 7-9pm Come and join us for a great line up of inspirational speakers. A relaxed open mic night where passion and power create miracles. Speakers of the evening:	£7.50 on the door Free refreshments for advanced payment	Botley Market Hall, Botley Village
Thurs 19 th to Sun 22 nd April	The Awakening - 4 days, 3 nights We are a combination of all our life's experiences. We are unaware that we are unaware and it is only when we become aware that we were unaware, that we can truly wake up to the peace, freedom, love and abundance life has to offer. This course is the ultimate in raising awareness in all areas of our lives. It is only when we become aware we can truly begin to live and begin to clear the distortion of the programming of the past. This course is great fun and intense all in one. It is a real 'eye opener' to the distorting effects of our subconscious 'robotic self' and it is crucial in finding and awakening the pathway to our heart.	£1027 Includes accommodation & food Please inform us of any special dietary requirements.	To be confirmed
Sat 28 April	Weighting for Life – 8 weeks This course focuses on the pandemic problem of self-image and obesity. The process is designed to discover and un-pick the root cause of client's problems on a deep emotional level, and this creates an opening for change that is anchored, making it an easy, long lasting and fun process of self acceptance and self renewal.	£600	To be confirmed
Weds 2 May	Weighting for Life		
Sat 5 May	Weighting for Life		
Weds 9 May	Weighting for Life		
Sat 12 May	Weighting for Life		
Thurs 10 May	The Expansion Programme – 7-9pm Come and join us for a great line up of inspirational speakers. A relaxed open mic night where passion and power	£7.50 on the door Free refreshments	Botley Market Hall, Botley Village

	create miracles. Speakers of the evening:	for advanced payment	
Weds 16 May	Weighting for Life		
Sat 19 May	Weighting for Life		
Weds 23 May	Weighting for Life		
1 WEEK OFF			
Sat 2 Jun	Weighting for Life		
Weds 6 Jun	Weighting for Life		
Sat 9 June	Weighting for Life		
Weds 13 June	Weighting for Life		
Thurs 14 June	The Expansion Programme – 7-9pm Come and join us for a great line up of inspirational speakers. A relaxed open mic night where passion and power create miracles. Speakers of the evening:	£7.50 on the door Free refreshments for advanced payment	Botley Market Hall, Botley Village
Sat 16 June	Weighting for Life		
Weds 20 June	Weighting for Life		
Sat 23 June	Weighting for Life		
Weds 27 June	Weighting for Life		
On going applications throughout the year	The Journey into Conscious Living – 4 months This is the journey of life. In order for us to experience peace, freedom, love and abundance we must find out 'who we are' and 'what we are' to really discover all sides of ourselves. The good parts and the bad. We must then accept 'who we are' and 'what we are', not being afraid to see ourselves. All these parts of us are assets and tools. They are 'who we are'. Then we must BE 'who we are' and 'what we are', without causing dysfunction in our lives or the lives of other people. This process is the ultimate in	Starting from: £1,030 (Price based on initial 3 hr family history consultation & 1 session once a wk for 16 weeks)	Locations covering Southampton, Winchester, Eastleigh & Ringwood.

	transformation. Transforming the inner core of our beings so that we can reach what we all desire: Peace, Freedom, Love and Abundance.		
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