

'Forgiveness and Letting Go' Workshop

Disabled by Guilt?

Stuck and unable to move forward with your life?

Holding Grudges?

Keep looking for love but feel that its always outside of your reach?

Identify those areas in your life where you want forgiveness
Identify those areas in your life where you have grudges or guilt

And through a series of exercises and visualisations begin the process of forgiveness and letting go

A whole day experiential workshop with Sue Sandeman, NLP Master Practitioner and Ron Gathercole, Psychotherapist ,in which you will gain increased personal awareness, positive energy and feeling more focused about your future

Venue:

its ltd
9 Manor Street
Braintree
Essex
CM7 3HW
01376 342446

www.itstherapy.co.uk

Cost of our whole day workshop is £75.00 inclusive

Workshop Dates (from)

☺ Saturday 27th January 07 ☺ Saturday 19th May 07

☺ Saturday 22nd September 07 ☺

✂ _____ ✂

Booking Form

Name _____

Address _____

Tel No _____ Email _____

Workshop Title _____ Date ____/____/____

A non refundable deposit of £30.00 is required when booking, please pay balance at least 7 days prior to course starting. Cheques payable to ITS Ltd