



With Mike Meredith & Keith Barrett



## Emotional Detox

**2 x Saturdays 10am-4pm**

**November 11th + 25<sup>th</sup> 2017**

**Total Cost: £70 (£52 concessions)**

**Transform Emotional Baggage into Passion for Daily Life!  
Understand Toxic Relationships & Change Self-sabotaging Patterns**

*The biggest single obstacle to your Peace of Mind, Health & Wellbeing  
is the way you express - or deny or repress! - your toxic emotions!*

**Toxic Emotions = Anger, Bitterness, Guilt, (Self-)Hatred, Jealousy, Rage, (Self-)Resentment, Self-pity or Shame**

Toxic Emotions are the natural human biological response to the frustrations, pressure, demands and power-struggles of everyday living and working. Denial, Distraction or Mis-handling of these natural energetic reactions to life's stresses, can result in fatigue, misery, creative/productive block, irritability, health problems, relationship problems, (self-)punitive behaviour, sleep problems, anxiety, low self-confidence or even depression....

...as a result, we can find ourselves repeatedly moaning and complaining, constantly unhappy, constantly angry and frustrated or constantly unfulfilled and filling our inner emptiness with CRAVINGS, ADDICTIONS or DISTRACTIONS.

This course will raise your awareness of bottled-up, self-sabotaging feelings that you are carrying as a result of past frustrations, disappointments & woundings, then goes on to teach new FUN! ways of harnessing and transforming the powerful energies of what are commonly seen as NEGATIVE EMOTIONS - a perception that so often leads to them being bottled-up, denied or repressed - with a serious cost to our energy level, peace of mind & health [blood pressure, blood sugar level etc].

**YOUR TUTORS:** Michael Meredith, Physiologist & Healer, assisted by Keith Barrett: Reiki Master & Musician.

**LEARNING OUTCOMES:** Familiarity with key relaxation & wellbeing tools. Able to use stress-clearing techniques. Experience simple ways to have fun and joy and build nourishing relationships, without spending money or damaging health!

**TEACHING METHODS:** Tutor presentations & demonstrations, handouts, videos, individual, partnered and group exercises. Each class is followed by an email summary and online links, plus preview of next class.

**HOW PROGRESS & SUCCESS WILL BE RECORDED:** Self-reporting, Tutor observation, participation in class discussion and sharing, performance in practical exercises.

**EXTRA COSTS ON THE COURSE:** **NONE**

**BRING TO FIRST SESSION:** Packed lunch, Pen, notepad, comfortable, loose clothing. You will need an email address and will be required to sign a confidentiality agreement so attendees can share personal experiences safely.

### Enrolment & payment

Booking forms are available from the website [www.swaveseyvc.co.uk](http://www.swaveseyvc.co.uk) or from the College. You can also enrol by phone on 01954 234488. Payment can be made by cheque payable to Swavesey Village College, cash or credit/debit card in person, over the phone or by completing the section on the booking form and posting it to the College. Please note that refunds can only be made if a class is cancelled or closed.

### Equalities statement

*"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."*