



With Mike Meredith & Keith Barrett



Emotional Detox

2 x Saturdays 10am-4pm

November 3rd + 17th 2018

Cost: This is a **FREE COURSE** - but you must book in advance and complete an enrolment form.

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

LEARNING OUTCOMES: Familiarity with key relaxation & wellbeing tools. Able to use stress-clearing & cathartic-release techniques. Experience simple ways to boost self-confidence, 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.

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.

MORE INFORMATION: www.sunflower-health.com/workshops.htm

Enrolment: Booking forms are available from the website www.swaveseyvc.co.uk or from the College. You can also enrol by phone on 01954 234488 or email: community@swaveseyvc.co.uk

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."