



## GRIEF & TRAUMA - HOLISTIC RECOVERY!



### Transform Emotional Baggage into Passion for Life!

**2 Saturdays Course: November 2nd + 16th 2019 10am-4pm**

**\*\*FREE Course\*\* but You must book in advance + Complete enrolment form**

**Includes Free CPD Certificate if required**

#### Understand Toxic Relationships - Change Sabotaging Emotional Patterns

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

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.

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

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].

**Facilitators: Dr. Mike Meredith, Physiologist & Healer & Keith Barrett, Reiki Master & Musician**



**YOU WILL BECOME...** Familiar with key relaxation & wellbeing tools. Able to use stress-clearing & cathartic-release techniques. Skilled in building more nourishing relationships!

**YOU WILL EXPERIENCE!**... a safe place and skilled facilitation for to releasing visceral pain from the past + simple ways to boost self-confidence, fun and joy.

**Bring with You:** 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](http://www.sunflower-health.com/workshops.htm)

**ENROLMENT:** forms at [www.swaveseyvc.co.uk](http://www.swaveseyvc.co.uk) **OR** phone 01954 234488 **OR** email: [community@swaveseyvc.co.uk](mailto: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."