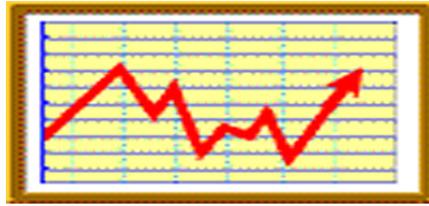


VITALITY REVIVAL!



**5 THURSDAY EVENINGS 7-9PM
JAN. 25TH TO MARCH 1ST 2018**

[No class at half-term]

IS THIS COURSE FOR YOU?

Has your "Get up and go!" got up and gone? Do you find it hard to Stay Positive? Weary? Drained by a key relationship? Life stuck in struggle, drudgery or dullness? Has life become an endless "To Do" list?... or, at the other extreme, a... "Lost-my-Mojo! - Nothing inspires me anymore!"?

YOU ARE NOTHING WITHOUT YOUR VITAL ENERGY! - Reconnect, strengthen and protect your 'Life Force' with the aid of this wide-ranging and fun, holistic course!



COURSE DESCRIPTION

Modern life gets ever more complex, demanding and stressful, especially if we have suffered any personal loss, trauma, illness, upheaval, or a setback to our hopes and dreams.

When we are miserable, tense, agitated or weary we become an easy prey to "comfort eating", "comfort drinking", drug-dependency (medicinal or recreational) or "couch potato" lifestyle, simply to ease our suffering.

Unfortunately, over a period of time, these short-term fixes can end up adding to our problems instead of reducing them!

In this course you will learn and practice simple holistic techniques that empower you to "bounce back" from the effects of a hectic, stressful day, an encounter with a 'difficult person', or a personal loss, setback or failure. We will be practising tried and tested techniques to relieve uncomfortable feelings and move us towards a more confident, harmonious, integrated and joyful state of being.



We will be drawing on a wide range of vitality tools and tips – from Eastern and Western traditions, ancient and modern - to open up inner and outer blocked energy channels and close-down vital-energy leakages.

Your Training Outcomes: Familiarity with key relaxation, wellbeing and energy-uplift practises. Able to use stress-clearing techniques and access simple ways to have fun and joy and build nourishing relationships - without spending money or damaging health!

Your Facilitator: Michael J. Meredith is a qualified physiologist, healer & professional stress-management coach who has studied and practised qigong, tai chi and energy-healing for more than 20 years, his websites are: www.fullyalive.me.uk & www.sunflower-health.com



Teaching Methods: Tutor presentations & demonstrations, class-sharing, handouts, videos, individual, partnered and group experiential exercises. Each evening revitalisation session is followed by an email reviewing and extending what was done in class, plus previewing the next class.

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom!"

[Anais Nin]

Skills needed for entry into the course

An open mind + willingness to explore new experiences. This is an holistic [mind body spirit] course unsuitable for learners with restricted mobility – contact tutor for an alternative. There is no requirement to share anything personal, but everyone is required to sign a confidentiality agreement so that all attendees can share personal experiences safely. Classes are supplemented by email + web-based resources & online videos.

WHAT YOU NEED TO BRING TO EACH SESSION:

Something to lie on, pen & notepad. Wear comfortable, loose-fitting clothing. You will need to have an email address for the between-session supplements. There is no requirement to share anything personal, but everyone is required to sign a confidentiality agreement so that all attendees can share personal experiences safely. You will need an email address for the information sent between classes.

Course outline

Week 1: Step Back to Lighten Up – Ancient Solutions to Modern Problems!

Week 2: Raise Your Level of Vibration to Solve your Problems!

Week 2: Shift Stuck Moods or Low-Energy – Techniques from Seafarers!

Week 3: Happiness is NOT a Destination! – Tools for the Happy Traveller!

Week 4: Rock'n Roll? – The Mastery of Ebb and Flow!

Week 5: Enter 'The Zone' – Top Tips from Athletes & Neuroscientists!



Venue:

Impington Village College, New Road, Impington CB24 9LX
www.impington.cambs.sch.uk

Tutor Contact for content info:

Mike Meredith: www.sunflower-health.com/forms/enquiry.htm

Booking [Total Cost=£50]:

Adult Education Office at Impington College 01223 200411 or email: adultlearning@impington.cambs.sch.uk

Article on "Burnout": www.sunflower-health.com/courses/burnout.htm

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