



## GRIEF & TRAUMA - HOLISTIC RECOVERY!



**Heal the Past = Create Future Wellness, Success & Fulfilment!**

**2 Saturdays Course: March 7th + 21st 2020, 10am-4pm**

**CPD Certificate Included**

**NOT SUITABLE for anyone bereaved or traumatised in last 6 months**

This course is practical and experiential - NOT academic.

### **Transform Emotional Baggage into Passion for Life + Quality Relationships!**

Toxic Emotions such as anxiety, guilt, shame, remorse, blame, (self-)hatred, anger or (self-)resentment are the natural human biological response to the past suffering, frustrations, pressure, demands and power-struggles of everyday living and working.

HOLDING-ONTO these natural reactions to life's disasters and tragedies, can result in loss of confidence, fatigue, misery, creative/productive block, irritability, health problems, relationship problems, (self-)punitive behaviour, sleep problems, anxiety, low self-esteem or even depression....

...as a result, we can find ourselves repeatedly self-isolating or becoming desperately clingy, constantly unhappy, constantly angry and frustrated, or constantly insecure, lost, unfulfilled and filling our inner emptiness with CRAVINGS, ADDICTIONS or DISTRACTIONS.

This course will reconnect you to old, bottled-up, self-sabotaging feelings that you are carrying as a result of past losses, disappointments or woundings, so that your pain and distress can safely be released in good company with others on the same journey... Emotional catharsis opens up inner spaces that can be refilled with the human warmth and laughter that is also a key ingredient of the power of this course!

It's not easy to find a confidential and supportive space where you can freely express your pain, fear or misery, but this course [formerly called "Emotional Detox" has been doing that for more than decade and has transformed hundreds of lives!

**Facilitators: Dr. Mike Meredith, Physiologist & Healer, Member of the Society for Shamanic Practice  
+ Keith Barrett, Reiki Master, Shamanic Practitioner**



**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 plus 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:** [£80] [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."