



Take the "Listen to Your Body" Workshop and Change Your Life!



Returning to Ottawa by popular request!!

October 24-25th, 2009

Would you love to... bring harmony into your life, enjoy greater physical vitality and energy, feel more connected with others, consciously choose between love and fear, and end recurring patterns?!

Can you imagine your life with... greater self-confidence, a satisfying career, loving relationships with those around you, an ability to forgive and let go of the past, joyful abundance and much more?!

It really is possible!

The dynamic and powerful teachings of the "Listen to Your Body" workshop are aimed at all people who are interested in personal growth. This powerful workshop provides a solid foundation for personal growth and transformation.

For over twenty years, participants have been shown how to bring harmony to their lives and to themselves. The results achieved by over 20,000 people who have attended the "Listen to Your Body" workshop are truly astounding and life changing.

The Listen To Your Body tools and teachings are unique and comprehensive, and have tangible effects at all levels: physical, emotional, mental and spiritual, and will help you discover why you're not living the life you want, and most importantly, how to make lasting changes that will lead you living the life you desire.

Love Yourself: Through accidents, illness, difficult relationships, disease, your body is letting you know the degree and quality of love you are giving yourself and others. **Come and discover a new way to express and appreciate love.**

Improve Your Relationships: Do you know what prevents you from having good relationships with those close to you? Learn a fast and effective way to accept yourself more fully, as well as those around you.

Conquer Guilt: Do you think you are the cause behind someone else's sorrow or disappointment? Do you feel responsible for others' happiness? Free yourself from this unnecessary burden.

Master Your Emotions: Learn the difference between being sensitive and being emotional. Discover where these emotions come from and why they always come back. Learn effective ways to liberate yourself from these emotions without blaming others.

Regain Contact With Your Spiritual Self: Realize the importance of "being" who you are, "acting" in accordance with who you are and "having" what you need in order to live happily and in harmony with yourself.

Manifest What You Want: Behind every unsatisfactory situation in your life are one or more beliefs acquired during childhood. The only way to change this is to work on your belief system. Learn to transform your beliefs so that you can achieve your goals. Once we can see how these beliefs have influenced our lives, we are given the tools to overcome them.

The benefits of this workshop include: Increased emotional mastery; greater knowledge of your needs; better communication with others; greater self-confidence and more love towards yourself; better judgement enabling a conscious choice between love and fear; an ability to forgive and let go of the past; direct contact with your personal power and creativity; physical vitality; and much more!

By listening to the messages that our body and our environment are sending us, we are brought back to true love and respect for ourselves and for others.

Workshop Fee: \$225 (+ 5% tax)

Early Bird Registration deadline: Oct 10th

Location: James Street Wellness Centre

Workshop Facilitator: Chantal Robitaille

Ask about our discount for couples, and when 4 or more people register for the same workshop!!

For Information & Registration Contact:

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