

# Love Yourself, Heal Your Life



## MAKE POSITIVE CHANGES IN YOUR LIFE

This two day workshop is based on Louise L. Hay's best selling book 'You Can Heal Your Life.'

Over the course of two days you will learn how to:

- Identify and transform negative beliefs
- Release resentments and old emotions
- Learn techniques for personal healing in all areas of life
- Experience a fuller understanding of the power of self-love
- Learn mirror work, visualisation and the use of affirmations
- Practise the techniques and welcome more of what you want in your life

This is the workshop developed by Louise L. Hay, internationally renowned metaphysical teacher and best selling author.

It has helped many thousands of people to make positive changes in their lives. The workshop helps you gain deeper insight into old patterns and gives you the tools and techniques to release more fully.

This is a 2 day course.



Bridge of  
**HOPE**

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