



Come and join Tina for two days and experience this powerful and life changing workshop, based on the philosophy & works of **Louise L. Hay** (author of *"You Can Heal Your Life"*)

Understand your family dynamics & barriers to LOVE

Learn to love yourself & others more FULLY & DEEPLY

Work with your body, mind, emotions, and spirit to TRANSFORM YOUR LIFE

Release negative emotions, blocking you from living JOYFULLY & CREATIVELY



About Tina Stone

Tina is a qualified Louise Hay practitioner and runs workshops based on the works and philosophies of Louise L. Hay author of *"You Can Heal Your Life"*.

www.louisehaycourses.co.uk

Tina started working with therapies in the 1970's qualifying in many disciplines including:
Remedial Swedish Massage
Vacuflex Reflexology
Reiki Healing
Indian Head Massage
Hopi Ear Candling.

In May 2002, Tina and her son Mark opened The Light Awareness Centre in Winton.
In May 2006 opened their second centre in Westbourne, which was renamed to **Mind★Body★Spirit** in 2010.

Find out more about Therapies, Treatments, Readings, workshops & Courses at Mind★Body★Spirit website:
www.mindbodyspirit-uk.com

Buy Louise Hay Books & CDs at:
www.mindbodyspiritonline.co.uk



Love Yourself, Heal Your Life!

Workshops 2012

Transforming & Empowering Weekend Workshops with Therapist, Healer & Heal Your Life Trainer

Tina Stone

www.louisehaycourses.co.uk

These weekends were originally designed and taught by Louise L. Hay and since then many fellow practitioners; to help people like you to truly transform their lives.

I have always been a great admirer and advocate of Louise's books especially "You Can Heal Your Life" which I have recommended and given away to people more copies than I can remember.



During this workshop we shall examine our thoughts and beliefs about various aspects of our lives.

Often when we can identify where our beliefs come from, we can then see if these beliefs are still appropriate and for us today.

The past has made us the person we are today.

The past we cannot change, however we can view it from a different perspective and not allow it to hold us back or restrict us in our present life.

The second part of the workshop will be letting go of the past and creating the future we truly want and deserve.

This workshop can be start of a wonderful new journey, leading you towards true happiness and joy in every area of your life.

On this transformative weekend workshop you will learn:

The Nine Points of Basic Philosophy

Affirmations & How they work in your daily life

How to Love Yourself & Others

How to do Mirror Work

About your Relationships with Partners, Children, Parents, Work Colleagues etc

Quick Tips for Reducing Everyday Stress

Exercise for Letting Go

Exercises on Forgiveness

Principles for Placing Your Orders with the Cosmic Kitchen – The Law of Attraction

1-2-1 Sessions with Tina

Working 1-2-1 can help you to focus on specific issues and help move you through areas in your life that you have become "stuck" in.

Also, when students have been on the course, they find that things often crop up later that they need extra help with. Working in this way is perfect for enhancing what has been learned on the course, making any personal transitions or difficult situations easier to deal with.

1-2-1 Sessions - £40 per hour

Talks & Seminars with Tina

Tina is also available to do talks/seminars on the Louise Hay teachings for private groups, ladies groups, corporate events etc

Dates for 2012

Saturday 25th & Sunday 26th February

Saturday 5th & Sunday 6th May

Saturday 8th & Sunday 9th September

Saturday 1st & Sunday 2nd December

Courses run from 10am to 5.30pm approx.
(depending on numbers on course)

Cost of the weekend workshop £175
(Includes manual & refreshments)

Places are limited on these workshops,
so early booking is essential

Early bird discount

Pay for your course in full at least one month in advance and receive a

£25 discount

(Making the course fee only £150)

To book your place or to get for more information call

(01202) 540088

or please look at Tina's website:

www.louisehaycourses.co.uk

Courses held at:

Mind★Body★Spirit

126 Poole Road

Westbourne

Dorset BH4 9EF

www.mindbodyspirit-uk.com