

“There is so much love in your heart that you could heal the entire planet. But just for now let us use this love to heal you.”

~ Louise L. Hay



**27 – 28 June 2009**

Cliffeside Hotel, East Overcliffe Drive, Bournemouth BH1 3AQ

## Heal Your Life, Achieve Your Dreams

Do you feel there are blocks to you achieving the life you want? Are you ready to make changes to help achieve your dreams?

The Heal Your Life Workshops are very powerful workshops based on the work of best-selling author Louise Hay and have been attended by thousands of people worldwide.

In this transformational weekend, you will discover the mindset that has limited your success or affected your health and well-being. You will reawaken the joy and fun of living creatively, and learn to trust your insights. What about moving from 'I should...' to 'I could...'? From 'yes but...' to 'yes and...'? From 'I am not good enough' to 'I deserve the best'?

The aim of this workshop is for participants to reconnect with themselves and gain self-confidence in all areas of their life. When you really love and accept yourself, your life can blossom.

Course leader Christine Brienne is a certified HYL coach and EFT practitioner. Combining a background in business and innovation with her passion in the healing and creative arts, she offers her own insights into Louise's and other teachers' work and encourages participants to express their unique contribution to the whole.

*“Every ending is a new point of beginning” Louise L. Hay*

**Course fees: £175** including handouts and a follow-up personal coaching session

**Venue:** The Cliffeside Hotel is beautifully located facing the Bay and close to Bournemouth station. Special rates are available for workshop participants wishing to book accommodation for two nights. Lunch is available at the hotel bar and there is a brasserie next door. [www.cliffesidebournemouth.co.uk/location](http://www.cliffesidebournemouth.co.uk/location)

**Course schedule:** 9.30am to 5.30pm on Saturday and Sunday  
6pm on Saturday (optional) – 'You Can Heal Your Life' DVD

**To book** a place on the course, please send a deposit of **£50** at the address below (cheques made payable to Christine Brienne) and send or email your details with a brief description of your background and what you would like to achieve during the weekend. **The full amount is due by 6 June.**

It is recommended that you book early to secure a place in the course and your accommodation if required. For any enquiry, please call Christine on **07921 361461**.



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