

# Love Yourself, Heal Your Life!

*A life changing workshop based on the philosophy of Louise Hay.*

Experience this powerful two day workshop which has been attended by thousands of people world wide.



Understand your family dynamics and barriers to  
***Love***  
Learn to bring affirmations into your body and not just  
***In your mind***  
Learn to love yourself and others more  
***Fully and deeply***  
Work with body, mind, emotions and spirit to  
***Transform your life***  
Release negative emotions blocking you from living  
***Joyfully and creatively***

#### Suggested reading before the workshop:

- You Can Heal Your Life* by Louise Hay
- Creative Visualization* by Shakti Gawain

**Dates:** 20<sup>th</sup> & 21<sup>st</sup> October  
**Cost:** £150

**Times:** 10am – 5pm

**Workshop Location:**  
Holistic Valley

#### About the workshop leader:

Shell Davies (Certified Louise Hay Workshop Leader)

<http://www.achieveyourdreamsteachers.com/uk.htm>

#### Register Now

Workshop Registration:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province \_\_\_\_\_

#### Contact:

Love Yourself, Heal Your Life  
Shell Davies

Tel: 07786124691

[Shelly74@tiscali.co.uk](mailto:Shelly74@tiscali.co.uk)

**Deadline**

**6<sup>th</sup> October**

**Deposit £30**

Zip/Postal Code: \_\_\_\_\_

Phone \_\_\_\_\_

*(checks payable to, Visa/MC, etc)*