



A Unique Opportunity in Weymouth...

Liberate Your Thinking

You are more than you think!

2½ Day Transformational Programme at the historic Belfield House, Weymouth

Thursday, Friday & part of Saturday 23rd – 25th April 2020

Facilitated by Caroline Brewer, Liz Scott & Stuart Newberry

What if you knew you were meant to thrive and could access fresh thinking whenever you needed to?

Do you find yourself overthinking and so 'getting in your own way' and blocking your best performance, either at work or at home? Imagine if we could clear a path through the interference in our minds to create the space for powerful thinking and amazing new ideas. When we understand the nature of Thought, our own personal thinking drops away, enabling us to go beyond the grind of searching for solutions to our problems into creating space for new things to occur.

Participants experience:

- A greater feeling of well-being and peace of mind, clarity and perspective generally
- Greater impact through connecting more easily and effectively with those around them
- Increased capacity and resilience for handling life's challenges
- Heightened creativity and curiosity to whatever they are involved in

"At some level I had always thought there was something wrong with me so it was a really big thing for me to see that there was nothing actually wrong with me, it was just my misunderstanding of where my feelings were coming from." Lynda Swindell, Saddle Fitter

Liberate Your Thinking is:

- A non-residential 2½ day 'open' programme pointing to a powerful understanding of how the mind works
- A relaxing yet energising opportunity to explore your own work and personal challenges from a fresh perspective
- Key to enabling you to better understand your thoughts, feelings and experience of life, allowing you to more readily access your deeper inner wisdom and intuition

"It was exactly what I was looking for, 2½ days of great insights in a relaxed atmosphere. It was lovely to meet and share realisations with some amazing people; a perfect location for finding peace and balance after a period of 'high activity'. I am seeing some very positive results already." Corri Homan-Berry, Merchandising Consultant

Your Invitation:

We are offering the programme in April 2020 to a limited number of participants at a discounted cost of £250 per person (£495 full cost).

Contact us now to check availability of discounted tickets and to secure your place or to explore alternative dates. Overnight accommodation is not included and can be arranged separately.

Please telephone Caroline on 07774 649549 for more information or email brewer_cj@msn.com