

Designed to Thrive

You are more than you think!

A 3 Principles inspired weekend retreat in the beautiful Devon countryside near Ottery St Mary, Devon on 2nd & 3rd May 2020, starting with an introductory session on Friday evening at 6pm (1st)

Facilitated by Caroline Brewer, Liz Scott and Stu Newberry



What would life be like if you knew you were designed to thrive?

Do you find it difficult to let go of past hurts, feel anxious about the future or feel stuck in a rut? It is easy to fall into the trap of over-thinking and for this to hinder us from living life to the full. You might be looking for inspiration or clarity in your own life or looking to inspire others to find clarity in theirs. What if you really understood that every human being, irrespective of their circumstances, is designed to thrive and have a happy, productive and fulfilling life – what difference would that make to you right now?

Following the Retreat, people have said they experience:

- Greater resilience; a feeling of being able to move through life with greater ease
- More accepting of change and less anxious about the future
- Realisation of the impersonal nature of life's 'ups and downs'
- Recognising they are 'okay' irrespective of anything else
- Heightened creativity, curiosity and excitement for life
- Greater well-being, peace of mind, clarity and perspective generally

Designed to Thrive is:

- A 2-day retreat pointing to a deeply powerful understanding of how the mind works (on-site accommodation is available and will add to your overall experience)
- A relaxing yet energising opportunity to explore your own life and personal challenges from a fresh perspective
- An opportunity to reflect and learn whilst taking in the natural beauty of the Devon countryside
- Key to enabling you to better understand your thoughts, feelings and experience of life, allowing you to thrive more easily and appreciate your own spirituality and inner wisdom

Your Invitation:

We are offering the programme in May 2020 to a limited number of people as a pilot to explore a new venue in Ottery St Mary, and therefore we are offering this particular retreat at a cost of £100 per person. Accommodation on site is available at an additional cost, please contact us for details.

Please telephone Caroline on 07774 649549 or email: brewer_cj@msn.com to secure a place or for more information