

The Transforming Power of Letting Go

Transformation Retreat: August 1 – 3, 2008

Do you ever feel

- Tired and/or sad for no obvious reason?
- That no matter what you do you just can't seem to get ahead?
- Filled with anger or regret?
- Burdened by the past?
- That you don't just have the energy you used to?
- Like you need an internal 'spring clean'?



Would you like to make a change that lasts?

Then join us at the Transformation Retreat

From 6.00pm Friday 1st August – 3.00pm Sunday 3rd August 2008

Experience an environment of peacefulness, guided meditations and other processes to assist you to fully release the past. Liberate fresh energy and clarity to create the life you always wanted but never knew how to achieve.



This Retreat could change your life

Led by Jasmine Sampson

Jasmine is an ordained minister who now works outside of formal religious structures. A spiritual healer and teacher she has more than 25 years experience helping others get in touch with their spirituality



Venue and Catering

The retreat will be held at Hamilton's best kept secret: the Houchen Retreat Centre in Glenview. Whether you want to wander the five acres of landscaped grounds, walk the labyrinth or rest and reflect under one of the mature trees, the Centre has something to delight you.

Investment

- \$297 all inclusive
- **Numbers are limited. Contact us now to reserve your place**

Phone Jasmine on 07 843 9976 Text 0274 877 301

Email jasmine@transformational-living.com

Book online at www.transformational-living.com

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