

SOULFUL
SATURDAY

"A chance to press pause on life"

10 - 11.30am | @Home | Cold Bath Rd

"Power of Many"
Saturday Stylie!

A whole new kind of 'woman's circle'

Please come and join my new monthly gathering of like minded women, for an opportunity to come home to the peace and sanity of your true self.

With Power of Many selling out monthly I wanted to create something similar but with its own flavour.

It is so important as 'women of a certain age' that we are connecting with each other, feeling supported and also giving our bodies a much needed nudge into creating oestrogen!! There is nothing like connecting with other women, in a loving safe environment, to be reminded that we are not alone, and with shared values of honesty, integrity, empathy & compassion great things can happen.

Over 90 minutes, we will first gather, connect & chat over tea & treats as we take a moment to leave the ups and downs of life to one side for a moment.

We will then either do a group mediation, connect to our energy, or work through our energy centres in some way, allowing you the opportunity to feel really present and connected to yourself, the universe and each other.

This will be a moment to
"***Quieten the noise enough to hear yourself***".
A chance to plug yourself back into what truly matters.

Once relaxed and open we will take some time to talk around a chosen topic. We allow the morning to naturally unfold and if appropriate will use the Energy Alignment Method (EAM) or Emotional Freedom Technique (EFT/Tapping) to let go of anything that doesn't serve us.

For those of you unfamiliar with EAM/EFT, there is no need to have past experience & it will be a great, relaxed way in which to be introduced to it.
. You will always be guided and you're welcome to just observe.

The investment in yourself is £20
Pay here
(Please include your name when you make payment or just let me know youre coming and welcome to bring cash along or I can give you my bank details. Just let me know you're coming - only 10 spaces)

The sessions will be held in my home:
Cold Bath Rd, Harrogate HG2
Complete address will be sent when you book