



Do you know the **KEY** to
**CREATING PERSONAL
TRANSFORMATION?**

**Join International Author
and Holistic Therapist**

LynneThorsen

For a ONE DAY workshop

Sunday March 2nd 10am-5pm

WORKSHOP - WAKE UP TO SOURCE

A DAY OF DISCOVERY, HEALING & TRANSFORMATION

'Wake Up to Source' is a workshop designed to create healing and transformation by going back to the Source of your negative beliefs and patterns. During this workshop, you can explore and gain understanding of your own process of creation and reconnect to your core essence. When you re-member your first impressions and thoughts you bring your original perceptions and decisions to conscious awareness. You then have a choice to heal your experience.

This workshop utilises Source Process & Breathwork, created by **Binnie A Dansby** and Integrated Self Empowerment Techniques (ISET).

"This workshop assisted me in clearing blockages and beliefs that I have held on to since birth.

It also instilled in me even more, the power of the breath and the necessity to breathe more consciously." S.A.

Only \$85 for a Full Day

Early Bird Discount

Book by 15th Feb and pay only \$75

(Bring blanket & pillow)



Boorandara Martial Arts Centre, 12 Peel St, Kew,

Bookings www.lynnethorsen.com or text 0417 377 436