

IMPROVE YOUR LIFE

A series of workshops geared towards improving your life. Learn to relax, change your perceptions and connect with your deeper authentic self. Be happier in your present life and create the future you desire.

NOV 22, 2014
**Meditation for
 Daily Living**

JAN 17, 2015
**Energy Chakras -
 Working with the
 Energy of the Body**

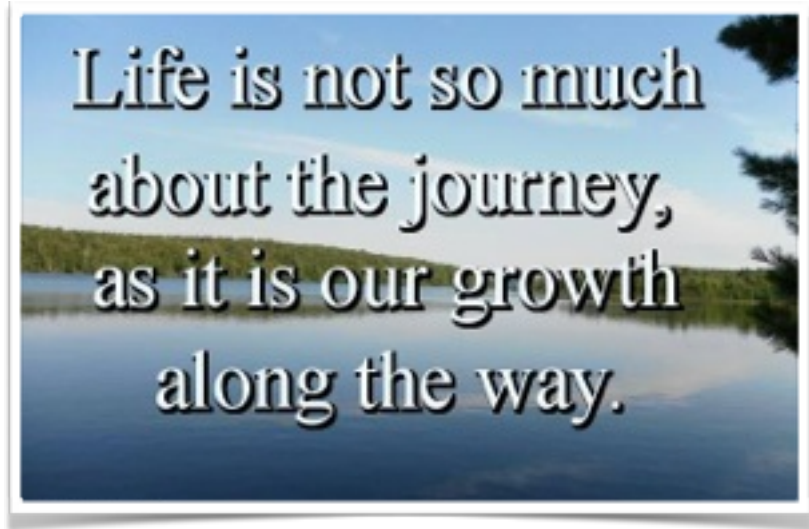
FEB 21, 2015
**Energy Medicine -
 Healing the Light
 Body**

MAR 21, 2015
**Connect with your
 Inner Guides
 & Spiritual Self**

APR 11, 2015
**Soul Retrieval-
 Retrieve Lost Parts
 of Self & Reclaim
 your Authentic Self**

9am-5pm
Bring a Lunch

\$120 per workshop
\$500 for all 5



Presented by:

Lesley Hannell, M.A. (Psychology), C. Psych. Assoc. #5339
 Registered with the College of Psychologists of Ontario.
 Private Practice in Ancaster for 30 years providing counselling,
 assessment and diagnosis to Adolescents, Adults, Couples and
 Families in Clinical and Counselling Psychology. Energy
 Psychology & Energy Medicine Practitioner for 15 years. Tai Chi,
 Yoga and Meditation Teacher for over 30 years. Conducted
 numerous workshops over the past 30 years.

Cindy Dickson, Reiki Master. Energy Psychology & Energy
 Medicine Practitioner. Workshop facilitator at Amica Seniors
 Centre and Hamilton Wentworth School System. Presented
 numerous workshops over past 10 years on topics such as:
 Meditation, Self Esteem, Relationships, Family Unity, & Divine
 Openings

Location : 353 English Place, Ancaster



Meditation for Daily Living

Location:

353 English Place,
Ancaster

Cost: \$120 *

*((\$100 if preregistered for all
5 workshops)

Time: 9am - 5pm

Bring a Lunch -
Refreshments provided

Wear comfortable
clothing

Bring a blanket and
cushion

Register:

905-518-8283

lesley@lesleyhannell.com

visit website for more info

Meditation for Daily Living

Nov 22/14

•**Learn to Quiet your Mind & Relax your Body at will.**

•**Learn Meditation Postures and Breath Work**

•**Develop a Calm and different view of your life**

•**Create a new Reality through Visualization, Focussing Attention & Finding that Safe Quiet Place Within**

