

# THROUGH THE LOOKING GLASS

## ... THE WINDOW TO

### SELF-AWARENESS & SELF-ACCEPTANCE



#### Seminar Dates:

To be confirmed...Please register your interest & to be on our mailing list when future dates are released by emailing [lookingglass@beginswithin.com.au](mailto:lookingglass@beginswithin.com.au).

Six fortnightly workshops. Attendance at all six workshops is required.  
Registration time 8.30am, 9am start - 4pm finish.

#### Location:

Prana Centre, centrally located in Nerang, just off the M1 Motorway, this brand new, purpose-built centre includes a state of the art conference centre.

7027 Nerang-Southport Road, Nerang, QLD 4211 Australia

#### Your Investment:

To experience positive & permanent change and to facilitate optimal benefits attendance at all six (6) workshops is required by participants.

Each workshop offers you the opportunity to affirm, acknowledge and restructure life patterns.

The total cost (tba) includes attendance at all six (6) workshops, morning and afternoon teas, playbook and course materials.

Home based activities between classes will provide consolidation of the topics covered and provide a foundation upon which to encourage change and personal growth.

#### Our Commitment:

This workshop series has been designed to encourage participants to acknowledge, expose and address thought patterns, behaviours and situations that negatively impact on ones general well being and sense of self. This is achieved within an emotionally nurturing, supportive and non judgemental environment, leaving you.....

*Empowered – Inspired – Informed .... and above all in your own 'truth'.*

The topics covered will include (however not limited to) the conscious and subconscious thought patterns that affect our everyday relationships, and the "roles" we choose to play in those relationships; identifying and challenging sabotaging behaviour; mindfulness; fostering resilience; meditation techniques and understanding the bodies basic energy systems; the importance of nutrition and reducing stress in our daily lives to help bring about effective change; how our emotional responses affect our health and dis-ease; seeking and acknowledging your truth and an acceptance of your true self, self awareness and development of a healthy self esteem.

Each workshop includes 4 sessions per day incorporating lectures and interactive group activities. As of the second workshop (9 October), there will also be a ½ hour question time to allow you to discuss any issues or concerns that may have arisen during the previous fortnight period.

It is the intention of facilitators, Trudy Brooke and Tina Newlan through their combined knowledge and life experiences, to provide a series of informative, instructional and productive workshops that assist and empower you to make real and effective changes to your life.

Trudy, a highly sought after and well respected Naturopath, Homoeopath and Civil Marriage Celebrant, practices at Isle of Capri on the Gold Coast.

Tina, professional psychic medium and spiritual counsellor, provides private consultations to clients nationally and internationally. Consultations with Tina are in high demand, evident through her advanced booking times. She is also based on the Gold Coast at Pacific Pines.