

NEW DATE*NEW PRICE*NEW INFO*



UNPACKING YOUR GRIEFCASE

SUN 13TH SEPT 9.30 – 4.00

Are you struggling with the loss of a loved one, the loss of a relationship, a trauma that is holding you back...or even just a general load of life's baggage weighing you down?

We welcome you to join us for a day of healing. We will be sharing, enjoying some home baking, plenty of laughter and a few tears.....

This is your chance to gain a new perspective and empower your heart into its natural state of wellbeing encouraging a dynamic shift into a brighter outlook and a positive way forward.

WORKSHOP: \$95 BOOK HERE: js@instinctivehealth.co.nz

MORE INFO ON WEBSITE:

<http://instinctivehealth.co.nz/unpacking-your-griefcase/>



Join us in a
transformational
journey into peace
and understanding

Jeanette Shearer
combines her
knowledge as a
natural therapist
ceramic artist and
her personal
experience of
grief and trauma
as a loving mum
nana and friend to
help open your
heart to new
possibilities and
strategies to find
resolution and
move forward in
your life

One Day Only

VENUE:
HIGHBURY HOUSE

110 Hinemoa St
Birkenhead

09 4180544

027 507 9944