



MASTERING SELF LOVE

WITH SOPHIE BIRGAN

**LOVE YOURSELF. VALUE YOURSELF.
EMPOWER YOUR LIFE.**

The essential workshop to create more balance in your life.

Explore "What's Really Going On" and discover what causes you to go off centre.

Reduce conflict with a family member or important person in your home or professional life.

Uncovering and Healing your Core Issues

Where: 82 Kilmorey Street Carindale Qld 4152

When: Saturday 23rd & Sunday 24th September 2017, **Time:** 9:00AM to 4:00PM

Workshop prices

Full Price: **\$300.00**

Early Bird Special: **\$250.00** (Ends 8th September)

Repeaters of Mastering Self Love - **\$99.00**

Prices include morning and afternoon tea. Please bring a plate to share.



For enquiries or bookings call (07) 3398 1100
Or email info@mindandbodyhealth.com.au

