

NLP Mind Body and Spirit Weekend



Eileen invites you to join her and some very special guests on this exceptional NLP Mind Body and Spirit Weekend, taking place on the 3rd and 4th July 2010. 10.00 – 17.00 a buffet lunch and refreshments included.

This unique weekend will enable you to take time to reconnect with your spiritual self. You will learn some NLP techniques or if you are an NLP practitioner you will enjoy being with like minded people. Eileen has transformed the lives of many people and she will work on specific issues throughout the weekend.

This weekend will give you the opportunity to explore and discover how your thoughts, emotions, hopes and dreams, impact on the structure of your thinking.

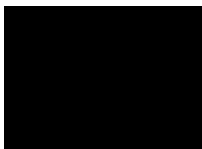
*The Information we receive about ourselves has the power to make us feel extremely happy or miserable in an instant. Eileen will show you how to gain control over the information you give yourself and set your mind free. **“Why it is that bad news makes us feel gloomy? Why does winning make us want to rejoice? How many of us have thought about these questions? They appear and give the impression of being too easy, yet in a way they are deeply mysterious. In fact, the right answer can set your mind and body free, while the wrong answer can prove to be an unavoidable trap.”** You will discover some techniques to help you live the life that you deserve.*

You can expect to be actively involved throughout the weekend and the focus will be on NLP and how you link into your spiritual self and personal energy. You may already be an experienced NLP practitioner wishing to explore this element or indeed someone new to NLP. This weekend will give you the tools and techniques that will enable you to work on yourself and others.

Eileen’s NLP Mind Body and Spirit weekend is about self-discovery and it will help you move from where you are in your life right now, into realms of awareness that you may never have dreamt possible for yourself.

SOUND JOURNEY with Kanti

Enjoy the unique experience of deep relaxation on all levels of your being through the use of sound. Allow yourself to be taken on an amazing journey through listening to the sounds of ancient 'instruments' such as singing bowls, gongs and flute often referred to as a 'gong bath'. All that is required is for you to lie down and allow the sounds to wash over and through you. Benefits include reducing high blood pressure, stress levels, anxiety, depression, headaches & general pain and can improve sleep and energy levels. www.divine-harmony.co.uk



Energetic NLP with Fiona

Fiona’s interactive workshop will show you how to open up your ability to enhance your health using energy. You will learn how to run your own energy throughout your body - a key to maintaining health. Release energy and emotional blocks to free up and use more of your own energy. Recover your energy from others and have more satisfaction and joy. www.RealEnergy4All.com

Jot with Jinja Bird

Enjoy this opportunity to express yourself through writing while generating a multitude of thoughts and feelings. Jinja has a natural ability to communicate with people and she brings warmth and a great deal of laughter to the session. Jinja has a BA in Multimedia and Journalism and she is currently writing a book.

The Venue

Manor Farm Brogborough, Bedford MK43 0YD, UK

Tel: (01525) 288623 | Mobile: 07968 532836



The Granary is a converted barn situated behind a 17th Century Manor House set on an arable farm with connections to Oliver Cromwell. It is located one mile from Junction 13 of M1 and equidistant from Milton Keynes and Bedford. If you wish to book over night accommodation then please contact directly www.thegranarypage.co.uk

For more information and to book a place call Eileen on 01462 816725 – 07771825030

Or visit www.eileenhutchinson.com

Eileen has found NLP to be a useful method of self-identification and re-alignment, which has transformed the aspirations of those seeking an effective channel of self-awareness.



Limited number of delegates therefore booking is essential to secure a place.

Please complete the booking slip below.

My Name.....

Tel.....

Email.....

I enclose a deposit of £50 I enclose full payment £145.00

Please make cheques payable to Eileen Hutchinson & send with completed form to:

22, Meadowsweet, Lower Stondon, Henlow, Bedfordshire, SG16 6PF.