

# Challenging the Hidden Self and Illuminating the Darkness

Sat.2<sup>nd</sup>-Sun.3<sup>rd</sup> December 2017

## A two-day workshop with Val Bullen and Viviane Garbe

Do you have a chronic health condition that appears resistant to treatment?  
Do you often feel depressed or weighed down by life?  
Do you feel angry or resentful at “the card you have been dealt”?  
Do you seem to be attracting negative circumstances or people into your life?  
Are old negative patterns keeping you from enjoying life?

We are living in challenging times that require us to look at our shadow self in order to embrace the whole. Doing this will allow us to generate the light within ourselves which we can then radiate out to have a beneficial effect on both our immediate environment and the world at large.

Val and Viviane will lead you through various processes and practices to safely explore your shadow side and bring in the Light to illuminate the Darkness.

**Venue:** The Harmony Room, Aston, near Stevenage, East-Hertfordshire (a 20 minute train ride from Kings Cross). A sacred space purpose-built to facilitate healing and transformation.

**Dates:** Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> December 2017

**Times:** 10.00– 17.00

**Cost:** Extra-early Bird: £200 payable before October 31<sup>st</sup> 2017  
Early Bird: £225 payable before November 15<sup>th</sup> 2017  
Full price: £250 payable from Nov. 16<sup>th</sup> 2017

Cost includes light refreshments and a vegetarian dish for lunch. Bring additional food to share and enjoy the company of like-minded people.

Contact Viviane Garbe or Val Bullen  
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