



Open Your Heart and Transform! with Val Bullen and Viviane Fingerhut

- Do you feel something is missing from your life?
 - Do you feel stuck?
 - Do you want your life to take a different direction?
 - Or would you simply like to get more enjoyment out of your life?
- ✓ Then look at opening your heart to the myriad of possibilities for transformation.

This two-day workshop developed by Living Harmony Founders Val Bullen and Viviane Fingerhut will provide a variety of opportunities to achieve your particular goal. These include meditation, creative expression, essence-making, sound healing, connecting with nature, to name but a few.

The workshop will be conducted in an environment purposefully designed and harmonised to facilitate self-growth and spiritual development.

You will be welcomed in the residential centre's beautiful accommodation, set within 3 acres of outstanding natural beauty.

To complete the two-day workshop, we have reserved one day for visits to show you some of the stunning surrounding energetic sites which make this place truly special.

Take these three days to transform, revitalise, relax, enjoy good food and be with like-minded people! This will be a journey to remember!

Date: 14-18 October 2011

Venue: The Living Harmony Centre, Slovenia

Cost: Early Bird £360 if booked with £150 deposit by 20th September, or £400 thereafter (includes workshop, 4 nights' accommodation, delicious vegetarian meals, gong bath or laughter yoga and day visits). Airport transfers (£60) and flights (Easyjet from Gatwick to Zagreb, out on Friday 14th, back on Tuesday 18th) are extra.

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