

Leadership, Liberation and the Woman's Way Forward



A workshop in Slovenia with Carolyn Cowan Friday 20th-Monday 23rd May 2011

Who are we as women in the 21st century? How do we get heard, seen, and established with power and authority without anger, blame and endlessly trying to take on the identities of others, be they male, iconic or religious figures?

This experience will be spent examining the issues, looking at ways through the blocks and developing a personal strategy for transformation, growth and change. We will examine our perceptions of who we are, our personal history and our karmic blocks, both cultural and individual.

Using Kundalini Yoga techniques and meditations we will see how we can liberate ourselves, step up and become aware of the huge range of options and choices available to us.

Each participant will leave with a personalised strategy for change. This workshop is not suitable for pregnant women.

Carolyn Cowan has been teaching Kundalini Yoga since 1998. She specialises in yoga for women, pregnancy, addiction recovery and Hepatitis C. She teaches extensively throughout the UK and has written for Yoga Magazine, Junior, Juno and Tonic. Carolyn is widely recognised for her contributions to assisting people in the realisation of life goals through yoga. Her presentation style is both personal and spiritual and draws on her experience of how Kundalini Yoga can help to deal with history and clear emotional blocks. Carolyn has two children and lives in South London. She has been in recovery from drug and alcohol addiction since 1991.

Venue: The Living Harmony Centre in Slovenia (www.livingharmony.co.uk or www.livingharmony.eu)

Cost: £350.00 to include 3 nights accommodation and full board. Airport transfers (£60.00) and flights are not included. (Cheap flights with Easyjet from London Gatwick to Zagreb) Fly out on Friday 20th and back Monday 23rd May.

Booking: Contact **Viviane Fingerhut** on **020 8958 1740** or info@livingharmony.co.uk

