



## Open Your Heart and Transform! with Val Bullen and Viviane Fingerhut London, 10-11 March 2012

- 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.

We have now entered the year 2012, a time of planetary changes, and of preparation and transition for all of us. It's a time of letting go of the old to make space for the new to enter, a time when it is of the utmost importance to release our emotional baggage and open our hearts.

This two-day workshop developed by Living Harmony Founders Val Bullen and Viviane Fingerhut will provide a variety of processes to achieve your particular goal. This include among others meditation, creative expression, sound, crystals, labyrinth journeying, dowsing.

Take these two days to be with like-minded people and transform. A gentle, yet powerful journey to remember!

*"Viviane and Val, the workshop was extraordinary. It included everything and was so gentle and tender, prepared with such love and attention. That's why its depth is even stronger. Everything connected so well and integrated into each cell of my body. How the seminar was prepared, its beginning and its end. I lack the wonderful words to describe all beautiful feelings; extraordinary, wonderful." Mia from Slovenia.*

*"The "Open Your Heart and Transform" weekend held many challenges all at once. I began the process of dealing with compassion, non-judgement and forgiveness to name but a few. I acknowledged the shell I had formed around my heart and am, even now, watching it melt away. Hard to describe, so gentle, respectful of each soul, yet so powerful. I kind of feel like a butterfly not yet emerged." Angela from London*

*"The week-end with you was fantastic. I enjoyed everything thoroughly. The joy of living is much stronger now after the week-end together. The energy that was there with us was really incredibly powerful. I feel truly free." Manuela from Slovenia*

Venue: Violet Hill Studios, 6 Violet Hill, St John's Wood, London NW8 9EB

Cost: £180 ( £150 concessions, or when also booking for the "Manifesting your Totality" 11-15 May 2012 in Slovenia.)

Contact: Viviane Fingerhut E-mail: [info@livingharmony.co.uk](mailto:info@livingharmony.co.uk) Tel: 020 8958 1740

[www.livingharmony.co.uk](http://www.livingharmony.co.uk)

E-Mail: [info@livingharmony.co.uk](mailto:info@livingharmony.co.uk)

Tel: 0044 (0)20 8958 1740

PO Box 632, Edgware, Middlesex, HA8 4GA