



## Journeying with the Rose

A Self-Development Workshop with  
Val Bullen and Viviane Garbe  
Sunday 21st October 2018

While attending a course at Regents University we took the opportunity to visit the rose gardens. The colours and scents were so amazing we were inspired to develop a new course with the rose as our guide.

We will be journeying through the various stages of life to discern what we have learnt about ourselves and the world we live in, discarding what no longer serves us, and preparing for the next stages to ensure we achieve our highest potential.

This one day course can be taken by attendance or at a distance. We will provide all the materials and activities in a closed group via Facebook or by email, with advice as to how to carry them out, so that those taking the course remotely can achieve the benefits as if attending in person. We will look forward to your feedback as we monitor your progress.

We look forward to hearing from both regular and new Living Harmony participants.

**Date:** Sunday 21<sup>st</sup> October 2018, 10.00am – 4.30pm  
**Venue:** The Living Harmony Centre, Harmony Room, Aston, Stevenage  
**Price:** Attending: **£120**  
Distance: **£100**

Price includes tuition, all materials, snacks and drinks. We will provide a simple main course and participants are welcome to bring and share food as this always adds to the feeling of togetherness.

Please register your interest by email.

Booking is by bank transfer of the full price. This is 50% refundable if cancelled up to 2 weeks before, non-refundable after that, or can be transferred to distance attendance. For address and any other information, please contact us.

**Living Harmony**  
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