

# OPEN YOUR HEART - COME ALIVE!

A Life Changing, Fun, Heart Centred and Inspiring Day

Sunday June 23, 10.00am - 5.00pm Australian Breathwork College. Clifton Hill.



## Core Clearing

*Thinking, Feeling, Loving*

Are You ready...

### To take a Quantum Leap forward in your life?

**Are you haunted by a persistent, nagging issue that keeps upsetting you?**

Is there someone in your life, who just gets under your skin?

Are you feeling stuck or frustrated at not getting ahead?

Feeling mentally fatigued, cloudy or overwhelmed about making an important decision?

Do you suffer from an over active mind that just wont stop thinking?

Are your thoughts keeping you awake at night, making you feel more exhausted each day?

Are you racked by guilt or shame from the past that keeps you feeling bad about yourself?

**Would you like to be able to clear ALL of your troubles quickly and easily?**

CORE CLEARING is a revolutionary heart opening process that uses the breath to gently clear your clear emotional blockages so you can journey down through the layers of emotion into the timeless presence of love and freedom at the core of your being: **Free** to live a blessed life from your heart.

**In this FUN workshop you will discover:**

- The latest scientific findings about your hearts intelligence - yes it does 'think'!
- The exact steps you need to connect your head to your heart.
- How to clear the emotional blockages and go to the next level of aliveness.
- How to connect to the wisdom and intelligence in your heart for guidance in your life.
- Release emotional tension and find harmony to boost your healing potential.
- Clear emotional blocks that have held you back for years.
- How to stay on track and keep moving forward in your life.
- How to live your life from your heart with joy and ease.

**So You Can:**

- ★ Connect to the source of peace, love and happiness within you.
- ★ Create strong, supportive, passionate loving relationships.
- ★ Find your passion. Do what you love and love what you do.
- ★ Set inspired goals from your heart and achieve them with ease and grace.
- ★ Create inner harmony to boost your immune system and accelerate healing.
- ★ Be present to the wealth of wisdom in your heart to live a rich and fulfilling life.



**The Facilitator: Nicholas de Castella.** Nicholas loves living life fully. Trained as an architect and has been teaching success principles for 22 years. Director of the Australian Breathwork College, author of 'Keys To Emotional Mastery' Nicholas has conducted workshops around the world. He enjoys a passionate marriage to his wife Susan. They have two young sons: Charles and Alexander. They live on seven acres in the heart of the beautiful Dandenong Ranges Rainforest.

**LIMITED NUMBERS! BOOKINGS ESSENTIAL!**

**MIND, BODY & SPIRIT SPECIAL: \$100 DISCOUNT = \$47!**

**FEES: \$147- \$47**

Enclosed is my payment of \$ .....

Name ..... Phone .....

Credit Card No. .... Expiry Date.....

Name on Card ..... Signed .....