

## Embracing the Shadow Self

### Workshop

**Date:** 30th June 2019

**Time:** 10am-5pm

**Address:** Soul Haven, 157 Smith St, Penrith

**Fee:** \$160

- Do you do or say things you are not proud of?
- Do you lash out at your spouse, your children or your co-workers?
- Do you have addictions to alcohol, drugs, food or something else?
- Have you sabotaged your new diet or a new goal?

These are all parts of the shadow self's in our lives. This workshop will not only show you how to unveil our shadows but how to understand and deal with them. Our shadows are messengers from the unconscious mind.

In this workshop you will:

- bring the unconscious shadow aspects of self to light

- identify protective behaviours & habits

- safely connect to the deeper part of self to transcend limitations

- be guided through exercises and processes

- feel supported by others on a similar journey

Embracing our shadow calls attention to some of the masks we wear and assumptions we make. Not dealt with - the shadows will surface - and usually you will not notice until damage is done to yourself or to the people around you. Attending this workshop will leave you inspired and compelled to take a quantum leap to transcend personal limitation.

For information and to book your seat, call Anya Haldey on:

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Location: Soul Haven, 157 Smith St, Penrith