

BALANCE VERBIER AT WHOLEYCOW

Wholeycow Studio, Rte de la Poste 11, 1936 Verbier

Flow Wellbeing Workshop 2 ½ hours

"A mountain keeps an echo deep inside. That's how I hold your voice." Rumi

Being connected to your flow is what makes your life happy, fulfilled and meaningful.

Each day is an invitation to be the infinity that is YOU.

Learn to create an abundance of flow in your life. Let the mountains, the space between earth and sky, reflect your flow back to you.

Use your incredible capacity to adapt, discover and grow, to explore the essence of your energy.

Take the journey into yourself. Feel more joy every day. Be everything that you are.

Format:

Using guided discovery, visualization and self-reflection the workshop uses the positive psychology of flow and resilience to enable you to take action, move forward and be happier.

You will:

- ✦ Become present to what makes you happiest
- ✦ Envision a compelling future
- ✦ Find new perspectives on your goals
- ✦ Nurture your unique skills and talents
- ✦ Take action to turn your vision into reality



Start living your flow every day, book your place today!

Forthcoming workshops in April are taking place on:

- ✦ Tuesday 8th, 15th April 14.00 - 16.30
- ✦ Saturday 5th, 12th, 19th April 13.00 - 15.30 plus an option to include Hatha Yoga
- ✦ Sunday 6th, 13th April 13.30 - 16.00 plus an option to include Hatha Yoga

Email elaine@balanceverbier.com or call 0041 (0) 765 673 870

Spaces are limited to 8 participants per workshop. Booking is essential.

150CHF per person workshop only, or 175CHF to include yoga.



Elaine France
Founder, Balance Verbier

As a qualified leadership and life coach, my passion is empowering people to be happier and more fulfilled in their everyday lives so that they make incredible change happen for themselves and their communities.

Happy people equals happier planet.

Join me in making change happen. For every booking, a donation will be made to the Akilah Institute for Women in Rwanda, an NGO providing education and training for young women. www.akilahinstitute.org

Find out more about my work at www.balanceverbier.com

