



# Love Yourself, Heal Your Life Workshops Two-Day Workshops with Tina Stone



Based on the works & philosophy of Louise L. Hay



**Experience this powerful and life changing workshop and learn how to:**

Understand your family dynamics & barriers to LOVE

Learn to love yourself & others more FULLY & DEEPLY

Work with your body, mind, emotions &  
spirit to TRANSFORM YOUR LIFE

Release negative emotions, blocking you from  
living JOYFULLY & CREATIVELY

**This workshop is based on the book "You Can Heal Your Life" by Louise L. Hay.**

**Sat 7th & Sun 8th February 2009 10am ~ 5.30pm**

**Sat 9th & Sun 10th May 2009 10am ~ 5.30pm**

**Sat 17th & Sun 18th October 2009 10am ~ 5.30pm**

**The cost of this course is £150 (including comprehensive course manual & handouts)**

**More information on these courses can also be found at Tina's new website**

**[www.louisehaycourses.co.uk](http://www.louisehaycourses.co.uk)**

## **Early Bird Discount**

**Pay for your course in full one month before it takes place and pay only £125  
That's a saving of £25**

**To book your place call The Light Awareness Centre on 01202 540088**

**A 50% deposit is required to reserve your place on the course.**

**Please note: All deposits are non-refundable. In the event of a course being cancelled, you will be offered the choice of transferring the money to another course or having a refund.**

**[www.lightawareness.com](http://www.lightawareness.com)**