

Transforming Womens Lives

**FINDING YOUR
INNER CALM**
Workshop

**HEKA HARMONY
HEALTH**

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MIND | BODY | SPIRIT | PLACE



FINDING YOUR INNER CALM

9:30am to 4:30pm

Please arrive 15 minutes early to sign in

Lunch and snacks provided

\$195.00

- Relieving stress through active breathing
- Wheel of Life Balance your way of life
- Creating harmony in your environment
- Creating your mantra
- Meditation

FIND YOUR HARMONY

Our lifestyle these days is so hectic we sometimes forget to breathe deeply, slow down and take in the beauty that surrounds us.

Finding your inner calm focuses on slowing down your breath and allowing much needed oxygen to reach every molecule of your body. This creates an internal calmness, no matter how chaotic the external world may seem.

We explore ways to balance your lifestyle and create serenity at home and at work.

Join us on this self-empowering, self-discovering workshop to your inner calm.

Our friends come and spend time with us for various reasons:

- Personal challenges
- Relationships
- Recovering from trauma
- Self discovery and creativity
- Peace and relaxation
- Health and well-being awareness

FINDING YOUR INNER CALM is part of a series of workshops created by Heka Harmony for women:

- HEALING HEART ART
- EMOTIONAL FREEDOM - RELEASE YOURSELF
- NUTRITION FOR LIFE

are also available, please check our website for more details.